

# **95th Division Drill Sergeant School**



**Candidate  
Pre-Resident  
Package**

# Modules

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Modules

# FORMATIONS

Instructional Formation

U Formation

Extended Rectangular Formation

## Instructional Formation

### STEP I

1. **Platoon, ATTENTION. AT EASE.** The next formation, which I will name, explain, and which you will conduct practical work on is the instructional formation.
  2. This formation is used for teaching marching movements, squad and platoon drill.
  3. The command for this formation is **Instructional formation, MARCH**. The command to return the formation back to its original configuration is **FALL IN**.
  4. **Instructional formation, MARCH** is a two part command, **Instructional formation** is the preparatory command, and **MARCH** is the command of execution. **FALL IN** is a combined command.
  5. When said in its entirety, the will sound as follows: **Instructional formation, MARCH. FALL IN.**
- 

### STEP II

6. **Platoon ATTENTION.** I use the talk-thru method of instruction to teach you this formation.
  7. On the command of execution **MARCH** of **Instructional formation, MARCH**, the first rank kneels on their right knee, the second rank stands fast, the third rank takes one step to the right, the fourth rank takes one step to the left.
  8. NOTE: The instructor may adjust the fourth rank as necessary to ensure they are uncovered.
  9. To return the platoon to its original configuration, the command is **FALL IN**.
  10. On the command **FALL IN**, the fourth rank takes one step to the right, the third rank takes one step to the left, the second rank stands fast, and the first rank stands up, and obtains exact interval. The platoon must then align themselves on the person to their front.
  11. NOTE: FOR RISK ASSESSEMENT
  12. On the command of execution **MARCH** of **Instructional formation, MARCH**, the first rank sits down, the second rank takes one step to the left and sits down, the third rank stands fast, the fourth rank takes one step to the left.
  13. To return the platoon to its original configuration, the command is **FALL IN**.
  14. On the command **FALL IN**, the fourth rank takes one step to the right, the third rank stands fast, the second rank stands up and takes one step to the right, and the first rank stands up, and obtains exact interval. The platoon must then align themselves on the person to their front.
- 

### STEP III

15. **Platoon ATTENTION.** At normal cadence.
16. **Instructional formation, MARCH. FALL IN. AT EASE.**
17. What are your questions pertaining to this formation with or without the talk-through method of instruction?

## U Formation

### STEP I

1. **Platoon, ATTENTION. AT EASE.** The next formation, which I will name, explain, and which you will conduct practical work on is the U-formation.
  2. This formation is used to form the platoon for stationary drill instructions.
  3. The commands for this formation are **First and second squads, FALL OUT, U-formation, FALL IN.**
  4. **First and second squads, FALL OUT, U-formation, FALL IN** are two part commands. **First and second squads**, and **U-formation** as the preparatory commands, and **FALL OUT** and **FALL IN** the command of execution.
  5. When said in their entirety, they sound as follows: **First and second squads, FALL OUT, U-formation, FALL IN.**
- 

### STEP II

6. **Platoon ATTENTION.** I will use the talk-through method of instruction to teach this formation.
  7. On the command of execution **FALL OUT**, of **First and second squads, FALL OUT (PAUSE): U-formation, FALL IN.** The following actions will happen simultaneously. The third squad stands fast, the first squad and second squads fall out and fall in facing each other so that the last man in the first squad and the squad leader of the second squad are one step in front of and one step outside the flanks of the third squad. The fourth squad executes one step to the left.
  8. The commands to reform the platoon to a line formation are **FALL OUT (PAUSE): FALL IN.**
  9. On the command **FALL OUT**, all squad members of the platoon will remain in the immediate area.
  10. On the command **FALL IN**, all members of the platoon will fall in a line formation
- 

### STEP III

11. **Platoon, ATTENTION.** At normal cadence: **First and second squads, FALL OUT. U-formation, FALL IN. FALL OUT. FALL IN. AT EASE.**
12. What are your questions pertaining to this formation with or without the talk-through method of instruction?

## Extended Rectangular Formation

### STEP I

1. **Platoon, ATTENTION. AT EASE.** The next formation, which I will name, explain, and which you will conduct practical work on is the extended rectangular formation.
  2. The extended rectangular formation is the traditional formation for most physical fitness activities.
  3. At normal cadence this formation is formed as follows.
  4. **DEMONSTRATORS, POST. EXTEND TO THE LEFT, MARCH. ARMS DOWNWARD, MOVE. LEFT, FACE. EXTEND TO THE LEFT, MARCH. ARMS DOWNWARD, MOVE. RIGHT, FACE. FROM FRONT TO REAR COUNT OFF. EVEN NUMBERS TO THE LEFT, UNCOVER. ASSEMBLE TO THE RIGHT, MARCH. FALLOUT.**
- 

### STEP II

5. **Platoon, ATTENTION.** I will use the talk-through method of instruction.
6. **NOTE:** In the extended rectangular formation, the instructor positions a platoon-size unit in a line formation. When formed the platoon is five steps in front of and centered on the instructor's platform.
7. On the command of execution **MARCH**, of **Extend to the left, MARCH**. All right flank soldiers will stand fast and extend their arms at shoulder level, elbows locked, fingers and thumbs extended and joined, palms facing down. All other soldiers turn to the left and double-time forward. After taking a sufficient number of steps, to ensure there is about 12 inches between fingertips. All soldiers face to the front and extend their arms the same as the right flank soldiers. Dress is to the right, cover to the front. The remainder of the body remains as in the position of attention.
8. On the command of execution **MOVE**, of **Arms downward, MOVE**. The soldiers lower their arms sharply to the sides resuming the position of attention.
9. On the command of execution **FACE**, of **Left, FACE**. Soldiers execute a left-face.
10. On the command of execution **MARCH**, of **Extend to the left, MARCH**. Soldiers will execute as previously described.
11. On the command of execution **MOVE**, of **Arms downward, MOVE**. Soldiers will execute as previously described.
12. On the command of execution **FACE**, of **Right, FACE**. Soldiers execute a right face.
13. On the command **From front to rear Count OFF**. Each member of the first squad turns their head and eyes to the right and counts off with "one," then faces back to the front. The other squads execute the same as the first squad counting off with the next higher number until the entire platoon has counted off. The members of the last squad do not turn their head and eyes.
14. On the command of execution **UNCOVER**, of **Even numbers to the left, UNCOVER**. All even-numbered soldiers jump to the left squarely in the center of the interval, bringing their feet together. The unit is now ready for stretching and warm-up exercises.
15. To reform the unit the command is **Assemble to the right, MARCH**.

16. On the command of execution **MARCH**, of **Assemble to the right, MARCH**. All soldiers double-time to their original position in the formation, the soldiers in the first rank raise their left arm laterally to ensure proper interval, once proper interval is obtained, soldiers in the first rank resume the position of attention. Soldiers in the second, third, and fourth ranks do not raise their left arm, but obtain cover behind the soldier to their front and glance out the corner of the right eye for proper alignment.

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### **STEP III**

17. Platoon, ATTENTION. At normal cadence: **EXTEND TO THE LEFT, MARCH. ARMS DOWNWARD, MOVE. LEFT, FACE. EXTEND TO THE LEFT, MARCH. ARMS DOWNWARD, MOVE. RIGHT, FACE. FROM FRONT TO REAR, COUNT OFF. EVEN NUMBERS TO THE LEFT, UNCOVER. ASSEMBLE TO THE RIGHT, MARCH. AT EASE.**

18. What are your questions pertaining to this formation with or without the talk-through method of instruction?



Modules

# STATIONARY DRILL

Position of Attention

Rest Positions at the Halt

Hand Salute



## Position of Attention

### STEP I

1. **First and Second Squad FALL OUT, U-Formation, FALL IN. RELAX. LET ME HAVE YOUR ATTENTION.** The next position, which I will name, explain, have demonstrated, and which you will conduct practical work on, is the position of attention.
  2. The position of attention is the key position for all stationary, facing, and marching movements.
  3. The commands for this position are **FALL IN** and **ATTENTION**.
  4. **FALL IN** is a combined command. **ATTENTION** is a two-part command when preceded by a preparatory command, such as **Squad, Platoon,** or **Demonstrator**. I will use **Demonstrator** as the preparatory command and **ATTENTION** is the command of execution.
  5. When given, these commands are as follows: **FALL IN. Demonstrator, ATTENTION.**
- 

### STEP II

6. **Demonstrator, POST.** I will use the talk-through method of instruction.
  7. On the command **FALL IN** or on the command of execution **ATTENTION** of **Demonstrator, ATTENTION.**
  8. Bring the heels together sharply on line, with the toes pointing out equally, forming an angle of 45-degrees. Rest the weight of the body evenly on the heels and balls of both feet. Keep the legs straight without locking the knees. Hold the body erect with the hips level, chest lifted and arched, and the shoulders square.
  9. Keep the head erect and face straight to the front with the chin drawn in so that the alignment of the head and neck is vertical.
  10. Let the arms hang straight without stiffness. Curl the fingers so that the tips of the thumbs are alongside and touching the first joint of the forefingers. Keep the thumbs straight along the seams of the trouser leg with the first joint of the fingers touching the trousers.
  11. Remain silent and do not move unless otherwise directed. **RELAX**
  12. At normal cadence, this position would look as follows: **FALL IN. RELAX. Demonstrator, ATTENTION. RELAX.**
  13. What are your questions pertaining to this position when executed at normal cadence or using the talk-through method of instruction?
  14. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**
- 

### STEP III

15. **LET ME HAVE YOUR ATTENTION.**
16. I will use the talk-through method of instruction.

## Rest Positions at the Halt

### STEP I

1. **Platoon, ATTENTION. RELAX.** The next positions, which I will name, explain, have demonstrated, and which you will conduct practical work on, are the rest positions while at the halt.
  2. These positions are used to rest an element for short periods, while at the halt.
  3. The commands for these positions are **Parade, Rest; Stand AT, EASE; AT EASE**, and **REST**.
  4. **Parade, Rest** and **Stand AT, EASE** are two-part commands, with **Parade** and **Stand AT** being the preparatory commands and **Rest** and **EASE** are the commands of execution. **AT EASE** and **Rest** are combined commands.
  5. When given, these commands are as follows: **Parade, REST. Stand AT, EASE. AT EASE. REST.**
- 

### STEP II

6. **Demonstrator, POST.** I will use the talk-through method of instruction.
7. NOTE: Any of the rest positions may be commanded and executed from the position of attention.
8. Parade rest is commanded only from the position of attention.
9. On the command of execution **REST** of **Parade, REST**, move the left foot about 10 inches to the left of the right foot. Keep the legs straight without locking the knees, resting the weight of the body equally on the heels and balls of the feet.
10. Simultaneously, place the hands at the small of the back and centered on the belt. Keep the fingers of both hands extended and joined, interlocking the thumbs so that the palm of the right hand is outward.
11. Keep the head and eyes as in the position of attention. Remain silent and do not move unless otherwise directed. **Stand At Ease, At Ease**, and **Rest** may be executed from this position.
12. On the command of execution **EASE** of **Stand At, EASE**, execute parade rest, and turn the head and eyes directly toward the person in charge of the formation. **At Ease** or **Rest** may be executed from this position.
13. On the command **AT EASE**, the soldier may move, however, he must remain standing and silent with the right foot in place. **Rest** may be executed from this position.
14. On the command **REST**, the soldier may move, talk, smoke, or drink unless otherwise directed. He must remain standing with his right foot in place. **At Ease** may be executed from this position.
15. NOTE: On the preparatory command for attention, immediately assume parade rest when at the position of stand at ease, at ease, or rest. If, for some reason, a subordinate element is already at attention, the members of the element remain so and do not execute parade rest on the preparatory command, nor does the subordinate leader give a supplementary command.
16. At normal cadence these positions would look as follows: **Demonstrator, ATTENTION. Parade, REST. Stand At, EASE. AT EASE. REST. AT EASE.**

17. What are your questions pertaining to these positions when executed at normal cadence or using the talk-through method of instruction?

18. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**

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### **STEP III**

19. **Platoon, ATTENTION.** I will use the talk-through method of instruction.

## The Hand Salute

### STEP I

1. **Platoon, ATTENTION. AT EASE.** The next movement, which I will name, explain, have demonstrated, and which you will conduct practical work on, is the hand salute.
  2. This movement is used when reporting and to render courtesy and respect to officers, the flag, and the nation.
  3. The commands for this movement are **Present, ARMS** and **Order, ARMS**.
  4. **Present, Arms** and **Order, ARMS** are two-part commands, **Present** and **Order** being the preparatory command, and **ARMS** is the command of execution.
  5. When given, these commands are as follows: **Present, ARMS. Order, ARMS.**
- 

### STEP II

6. **Demonstrator, POST.** I will use the talk-through method of instruction.
7. The Hand Salute is a one-count movement.
8. When wearing headgear with a visor with or without glasses, on the command of execution **ARMS of Present, ARMS**, raise the right hand sharply, fingers and thumb extended and joined, palm facing down, and place the tip of the right forefinger on the rim of the visor slightly to the right of the eye. The outer edge of the hand is barely canted downward so that neither the back of the hand nor the palm is clearly visible from the front. The hand and wrist are straight, the elbow inclined slightly forward, and the upper arm is horizontal.
9. **Order Arms** from the Hand Salute is a one-count movement.
10. On the command of execution **ARMS of Order, ARMS**, return the hand sharply to the side, resuming the position of attention.
11. Remove your headgear.
12. When wearing headgear without a visor or uncovered and wearing glasses, on the command of execution **ARMS of Present, ARMS**, execute the hand salute as previously described, except touch the tip of the right forefinger to that point on the glasses where the temple piece of the frame meets the right edge of the right brow.
13. **Order Arms** is executed as previously described.
14. Remove your glasses.
15. When wearing headgear without a visor or uncovered and not wearing glasses, on the command of execution **ARMS of Present, ARMS**, execute the hand salute as previously described, except touch the tip of the right forefinger to the forehead near and slightly to the right of the right eyebrow.
16. **Order arms** is executed as previously described.
17. When reporting or rendering courtesy to an individual, turn the head and eyes toward the person addressed and simultaneously salute. In this situation, the actions are executed without command. The salute is initiated by the subordinate at the appropriate time and terminated upon acknowledgement.

18. The Hand Salute may be executed while marching. When double timing, a soldier must come to quick time before saluting.

19. NOTE: When a formation is marching at double time, only the individual in charge assumes quick time and salutes.

20. At normal cadence these movements would look as follows: **Present, ARMS. Order, ARMS.** (Demonstrator, replace your glasses) **Present, ARMS. Order, ARMS.** (Demonstrator, replace your headgear) **Present, ARMS. Order, ARMS. At EASE.**

21. What are your questions pertaining to this movement when executed at normal cadence or using the talk-through method of instruction?

22. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**

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### STEP III

23. **Platoon, ATTENTION.** I will use the talk-through method of instruction.



Modules

# FACING MOVEMENTS

Facing to the Left Flank

Facing to the Right Flank

Facing to the Rear

## Facing to the Left Flank

### STEP I

1. **First and Second Squad, FALL OUT, U-Formation, FALL IN. AT EASE.** The next movement, which I will name, explain, have demonstrated, and which you will conduct practical work on, is facing to the left flank, while at the halt.
  2. This movement is used to face an element 90 degrees to the left flank, while at the halt.
  3. The command for this movement is **Left, FACE**.
  4. **Left, FACE** is a two-part command, **Left** is the preparatory command, and **FACE** is the command of execution.
  5. When given, this command is as follows: **Left, FACE**.
- 

### STEP II

6. **Demonstrator, POST.** I will use the by-the-numbers method of instruction.
  7. Facing to the left flank is a two-count movement. On the command of execution **FACE** of **Left, FACE**, this being count one, slightly raise the right heel and left toe, and turn 90 degrees to the left on the left heel, assisted by a slight pressure on the ball of the right foot. Keep the left leg straight without stiffness and allow the right leg to bend naturally.
- NOTE: Throughout this movement, the remainder of the body remains as in the position of attention. **By-the-numbers, Left, FACE.**
8. On count two, place the right foot alongside the left foot, resuming the position of attention. Arms remain at the sides, as in the position of attention, throughout this movement. **Ready, TWO. Left, FACE. Ready, TWO.**
  9. At normal cadence, this movement is as follows: **Without-the-numbers, Left, FACE. Left, FACE. AT EASE.**
  10. What are your questions pertaining to this movement when executed at normal cadence or using the by-the-numbers method of instruction?
  11. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**
- 

### STEP III

12. **Platoon, ATTENTION.** I will use the by-the-numbers method of instruction.

## Facing to the Right Flank

### STEP I

1. **First and Second Squad, FALL OUT, U-Formation, FALL IN. AT EASE.** The next movement, which I will name, explain, have demonstrated, and which you will conduct practical work on, is facing to the right flank, while at the halt.
  2. This movement is used to face an element 90 degrees to the right flank, while at the halt.
  3. The command for this movement is **Right, FACE**.
  4. **Right, FACE** is a two-part command, **Right** is the preparatory command, and **FACE** is the command of execution.
  5. When given, this command is as follows: **Right, FACE**.
- 

### STEP II

6. **Demonstrator, POST.** I will use the by-the-numbers method of instruction.
  7. Facing to the right flank is a two-count movement. On the command of execution **FACE** of **Right, FACE**, this being count one, slightly raise the left heel and right toe, and turn 90 degrees to the right on the right heel, assisted by a slight pressure on the ball of the left foot. Keep the right leg straight without stiffness and allow the left leg to bend naturally.
- NOTE: Throughout this movement, the remainder of the body remains as in the position of attention. **By-the-numbers, Right, FACE.**
8. On count two, place the left foot alongside the right foot, resuming the position of attention. Arms remain at the sides, as in the position of attention, throughout this movement. **Ready, TWO. Right, FACE. Ready, TWO.**
  9. At normal cadence, this movement is as follows: **Without-the-numbers, Right, FACE. Right, FACE. AT EASE.**
  10. What are your questions pertaining to this movement when executed at normal cadence or using the by-the-numbers method of instruction?
  11. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**
- 

### STEP III

12. **Platoon, ATTENTION.** I will use the by-the-numbers method of instruction.



## Facing to the Rear

### STEP I

1. **Platoon, ATTENTION. AT EASE.** The next movement, which I will name, explain, and have demonstrated, and which you will conduct practical work on, is facing to the rear.
  2. This movement is used to face an element 180 degrees while at the halt.
  3. The command for this movement is **About, FACE.**
  4. **About, FACE** is a two-part command, **About** is the preparatory command, and **FACE** is the command of execution.
  5. When given, this command is as follows: **About, FACE.**
- 

### STEP II

6. **Demonstrator, POST.** I will use the by-the-numbers method of instruction.
  7. Facing to the rear is a two-count movement. On the command of execution **FACE** of **About, FACE**, this being count one, move the toe of the right foot to a point on the marching surface about half the length of the foot to the rear and slightly to the left of the left heel. Rest most of the weight of the body on the heel of the left foot and allow the right knee to bend naturally.
- NOTE: Throughout these movements the remainder of the body remains as in the position of attention. **By-the-numbers. About, FACE.**
8. On count two, turn to the right 180 degrees on the left heel and the ball of the right foot, resuming the position of attention. Arms remain at the sides, as in the position of attention, throughout this movement. **Ready, TWO. About, FACE. Ready, TWO.**
  9. At normal cadence, this movement is as follows: **Without-the-numbers, About, FACE. About, FACE. AT EASE.**
  10. What are your questions pertaining to this movement when executed at normal cadence or using the by-the-numbers method of instruction?
  11. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**
- 

### STEP III

12. **Platoon, ATTENTION.** I will use the by-the-numbers method of instruction.



Modules

# STEPS AND MARCHING

30 Inch Step from the Halt and the Halt  
Marching in Place  
Changing Step While Marching  
Marching to the Rear  
15-inch Step to the Left  
15-Inch Step to the Right  
15-Inch Step to the Rear

## 30 Inch Step from the Halt and the Halt

### STEP I

1. **Instructional Formation, MARCH. AT EASE.** The next movement, which I will name, explain, have demonstrated, and which you will conduct practical work on, is the 30 inch step from the halt.
  2. This movement is used to march an element from point A to point B in a uniform manner.
  3. The commands for these movements are **Forward, MARCH and HALT.**
  4. **Forward, MARCH** is a two-part command, **Forward** is the preparatory command, and **MARCH** is the command of execution. **HALT** is also a two-part command when preceded by a preparatory command, such as **Squad, Platoon, or Demonstrator.** I will use **Demonstrator** as the preparatory command, and **HALT** as the command of execution.
  5. When given, these commands are as follows: **Forward, MARCH. Demonstrator, HALT.**
- 

### STEP II

6. **Demonstrator, POST.** I will use the step-by-step method of instruction.
7. On the preparatory command **Forward** of **Forward, MARCH**, without noticeable movement, shift the weight of the body to the right foot. **Forward.**
8. On the command of execution **MARCH** of **Forward, MARCH**, step forward 30 inches with the left foot, keeping the head and eyes fixed to the front. The arms swing in a natural motion, without exaggeration and without bending at the elbows, approximately nine inches straight to the front and six inches straight to the rear of the trouser seams. Keep the fingers curled as in the position of attention so that the fingers just clear the trousers. **MARCH.**
9. On the command of execution **STEP** of **Ready, STEP**, execute a 30-inch step forward with the trail foot. Once again, ensure that you keep the head and eyes fixed to the front. Allow the arms to swing in a natural motion, without exaggeration and without bending the elbows, approximately nine inches straight to the front and six inches straight to the rear of the trouser seams. Keep the fingers curled as in the position of attention, so that the fingers just clear the trousers. **Ready, STEP.**
10. You will continue marching in this manner until otherwise directed. To further illustrate this movement, I will have my demonstrator execute a series of steps. **Ready, STEP. Ready, STEP.**
11. The command to terminate this movement is **HALT.** The halt is executed in two counts. The preparatory command **Demonstrator** of **Demonstrator, HALT**, may be given as either foot strikes the marching surface. However, the command of execution **HALT** of **Demonstrator, HALT**, must be given the next time that same foot strikes the marching surface.
12. On the command of execution **STEP** of **Ready, STEP**, execute a 30-inch step forward with the trail foot. When that foot strikes the marching surface, the demonstrator will receive the preparatory command **Demonstrator** of **Demonstrator, HALT. Ready, STEP. Demonstrator.**
13. On the command of execution **STEP** of **Ready, STEP**, execute a 30-inch step forward with the trail foot. This is the intermediate step required between the preparatory command and the command of execution. **Ready, STEP.**
14. On the command of execution **STEP** of **Ready, STEP**, execute a 30-inch step forward with the trail foot. When the foot strikes the marching surface, the demonstrator will receive the command of execution **HALT** of **Demonstrator, HALT. Ready, STEP. HALT.**

15. On the command of execution **STEP** of **Ready, STEP**, execute a 30-inch step forward with the trail foot, this being the additional step required after the command of execution. **Ready, STEP.**

16. On the command of execution **STEP** of **Ready, STEP**, bring the trail foot alongside the lead foot, resuming the position of attention, thus terminating this movement. **Ready, STEP. RE-FORM.**

17. At normal cadence, this movement would look as follows: **Forward, MARCH. Demonstrator, HALT. AT EASE.**

18. What are your questions pertaining to this movement when executed at normal cadence or using the step-by-step method of instruction?

19. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**

---

### **STEP III**

20. **FALL IN. Right, FACE.** I will use the step-by-step method of instruction.

## Marching In Place

### STEP I

1. **Instructional Formation, MARCH. AT EASE.** The next movement, which I will name, explain, have demonstrated, and which you will conduct practical work on, is marching in place.
  2. This movement is used to march an element in place for a short period of time only.
  3. The command for this movement is **Mark Time, MARCH.**
  4. **Mark Time, MARCH** is a two-part command, **Mark Time** is the preparatory command, and **MARCH** is the command of execution.
  5. When given, this command is as follows: **Mark Time, MARCH.**
- 

### STEP II

6. **Demonstrator, POST.** I will use the step-by-step method of instruction.
7. NOTE: I have posted my demonstrator in the forward march position as this movement can only be executed while marching forward with a 15 or a 30-inch step.
8. The preparatory command **Mark Time** of **Mark Time, MARCH** may be given as either foot strikes the marching surface. However, the command of execution **MARCH** of **Mark Time, MARCH**, must be given the next time that same foot strikes the marching surface.
9. On the command of execution **STEP** of **Ready, STEP**, execute a 30-inch step forward with the trail foot. When that foot strikes the marching surface, the demonstrator will receive the preparatory command **Mark Time**, of **Mark Time, MARCH. Ready, STEP. Mark Time.**
10. On the command of execution **STEP** of **Ready, STEP**, execute a 30-inch step forward with the trail foot. This being the intermediate step required between the preparatory command and the command of execution. **Ready, STEP.**
11. On the command of execution **STEP** of **Ready, STEP**, execute a 30-inch step forward with the trail foot. When the foot strikes the marching surface, the demonstrator will receive the command of execution **MARCH** of **Mark Time, MARCH. Ready, STEP. MARCH.**
12. On the command of execution **STEP** of **Ready, STEP**, execute a 30-inch step forward with the trail foot, this being the additional step required after the command of execution. **Ready, STEP.**
13. On the command of execution **STEP** of **Ready, STEP**, bring the trail foot alongside the leading foot and begin to march in place. Raise each foot alternately two inches off the marching surface; the arms swing naturally, as in marching with a 30-inch step.
14. NOTE: While marking time in formation, the soldier adjusts position to ensure proper alignment and cover.
15. To resume marching forward with a 30-inch step, the command is **Forward, MARCH.** The preparatory command **Forward** of **Forward, MARCH** may be given as either foot strikes the marching surface. However, the command of execution **MARCH** of **Forward, MARCH**, must be given the next time that same foot strikes the marching surface. On the command of execution **MARCH**, take one more step in place and then step off with a 30-inch step.
16. The halt from mark time is executed in two counts, basically the same as the halt from the 30-inch step from the halt.
17. **Ready, STEP. Demonstrator, HALT. RE-FORM.**

18. At normal cadence, this movement would look as follows: **Forward, MARCH. Mark Time, MARCH. Forward, MARCH. Mark Time, MARCH. Demonstrator, HALT. AT EASE.**

19. What are your questions pertaining to this movement when executed at normal cadence or using the step-by-step method of instruction?

20. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**

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### **STEP III**

21. **FALL IN. Right, FACE.** I will use the step-by-step method of instruction.

22. On the command of execution **STEP** of **Ready, STEP** take a 30 inch step forward with the left foot, allowing the arms to swing naturally, keeping the head and eyes straight to the front. **Ready, STEP.**

## Changing Step While Marching

### STEP I

1. **Instructional Formation, MARCH. AT EASE.** The next movement, which I will name, explain, have demonstrated, and which you will conduct practical work on, is changing step while marching.
  2. This movement is automatically executed when a soldier finds himself out of step, or on command when an element is out of step when marching as part of a larger unit.
  3. The command for this movement is **Change Step, MARCH.**
  4. **Change Step, MARCH** is a two-part command, **Change Step** is the preparatory command, and **MARCH** is the command of execution.
  5. When given, this command is as follows: **Change Step, MARCH.**
- 

### STEP II

6. **Demonstrator, POST.** I will use the step-by-step method of instruction.
  7. NOTE: I have posted my demonstrator in the forward march position as this movement can only be executed while marching forward with a 30-inch step.
  8. The preparatory command **Change Step** of **Change Step, MARCH**, must be given as the right foot strikes the marching surface, the command of execution **MARCH** of **Change Step, MARCH** must be given the next time that same foot strikes the marching surface.
  9. On the command of execution **STEP** of **Ready, STEP**, execute a 30-inch step forward with the trail foot. When that foot strikes the marching surface, the demonstrator will receive the preparatory command **Change Step** of **Change Step, MARCH. Ready, STEP. Change Step.**
  10. On the command of execution **STEP** of **Ready, STEP**, execute a 30-inch step forward with the trail foot. This is the intermediate step required between the preparatory command and the command of execution. **Ready, STEP.**
  11. On the command of execution **STEP** of **Ready, STEP**, execute a 30-inch step forward with the trail foot. When the foot strikes the marching surface, the demonstrator will receive the command of execution **MARCH** of **Change Step, MARCH. Ready, STEP. MARCH.**
  12. On the command of execution **STEP** of **Ready, STEP**, execute a 30-inch step forward with the trail foot, this being the additional step required after the command of execution. **Ready, STEP.**
  13. On the command of execution **STEP** of **Ready, STEP**, in one count, place the right toe near the heel of the left foot and step off again with the left foot. The arms swing naturally. **Ready, STEP.**
  14. For instructional purposes, on the command of execution **STEP** of **Ready, STEP**, bring the trail foot alongside the lead foot and assume the position of attention. **Ready, STEP. RE-FORM.**
  15. At normal cadence, this movement would look as follows: **Forward, MARCH. Change Step, MARCH. Demonstrator , HALT. AT EASE.**
  16. What are your questions pertaining to this movement when executed at normal cadence or using the step-by-step method of instruction?
  17. Demonstrator, ATTENTION. You will now become my assistant instructor. **FALL OUT.**
-

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### STEP III

18. **FALL IN. Right, FACE.** I will use the step-by-step method of instruction.

19. On the command of execution **STEP** of **Ready, STEP** execute a 30 inch step forward with the left foot, allowing the arms to swing naturally, keeping the head and eyes straight to the front.  
**Ready, STEP.**



## Marching to the Rear

### STEP I

1. **Instructional Formation, MARCH. AT EASE.** The next movement, which I will name, explain, have demonstrated, and which you will conduct practical work on, is marching to the rear.
  2. This movement is used to change the direction of march 180 degrees in a uniform manner.
  3. The command for this movement is **Rear, MARCH.**
  4. **Rear, MARCH** is a two-part command, **Rear** is the preparatory command, and **MARCH** is the command of execution.
  5. When given, this command is as follows: **Rear, MARCH.**
- 

### STEP II

6. **Demonstrator, POST.** I will use the step-by-step method of instruction.
  7. NOTE: I have posted my demonstrator in the forward march position as this movement can only be executed while marching forward with a 30-inch step.
  8. The preparatory command **Rear** of **Rear, MARCH**, is given as the right foot strikes the marching surface, the command of execution **MARCH** of **Rear, MARCH**, is given the next time the right foot strikes the marching surface.
  9. On the command of execution **STEP** of **Ready, STEP**, execute a 30-inch step forward with the trail foot. When that foot strikes the marching surface, the demonstrator will receive the preparatory command **Rear** of **Rear, MARCH. Ready, STEP. Rear.**
  10. On the command of execution **STEP** of **Ready, STEP**, execute a 30-inch step forward with the trail foot. This is the intermediate step required between the preparatory command and the command of execution. **Ready, STEP.**
  11. On the command of execution **STEP** of **Ready, STEP**, execute a 30-inch step forward with the trail foot. When the foot strikes the marching surface, the demonstrator will receive the command of execution **MARCH** of **Rear, MARCH, Ready, STEP. MARCH.**
  12. On the command of execution **STEP** of **Ready, STEP**, execute a 30-inch step forward with the trail foot, this being the additional step required after the command of execution. **Ready, STEP.**
  13. On the command of execution **STEP** of **Ready, STEP**, pivot 180 degrees to the right on the balls of both feet, and step off in the new direction with a 30-inch step. The arms are not allowed to swing outward while turning. **Ready, STEP.**
  14. For instructional purposes, on the command of execution **STEP** of **Ready, STEP**, bring the trail foot alongside the lead foot, resuming the position of attention. **Ready, STEP. RE-FORM.**
  15. At normal cadence, this movement would look as follows: Forward, **MARCH. Rear, MARCH. Demonstrator, HALT. AT EASE.**
  16. What are your questions pertaining to this movement when executed at normal cadence or using the step-by-step method of instruction?
  17. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**
-

### **STEP III**

18. **FALL IN. Right, FACE.** I will use the step-by-step method of instruction.

19. On the command of execution **STEP** of **Ready, STEP** execute a 30 inch step forward with the left foot, allowing the arms to swing naturally, keeping the head and eyes straight to the front.  
**Ready, STEP.**

## 15-INCH STEP TO THE LEFT

### STEP I

1. **Instructional Formation, MARCH. AT EASE.** The next movement, which I will name, explain, have demonstrated, and which you will conduct practical work on, is the 15-inch step to the left from the halt and the halt.
  2. This movement is used to march an element to the left from the halt.
  3. The commands for this movement are **Left Step, MARCH,** and **HALT.**
  4. **Left Step, MARCH** is a two-part command, **Left Step** is the preparatory command, and **MARCH** is the command of execution. **HALT** is also a two-part command when preceded by a preparatory command, such as **Squad, Platoon,** or **Demonstrator.** I will use **Demonstrator** as the preparatory command, and **HALT** is the command of execution.
  5. When given, these commands are as follows: **Left step, MARCH. Demonstrator, HALT.**
- 

### STEP II

6. **Demonstrator, POST.** I will use the step-by-step method of instruction.
7. **Left Step, MARCH** may only be commanded while at the halt.
8. On the preparatory command **Left Step** of **Left Step, MARCH,** without noticeable movement, shift the weight of the body onto the right foot. **Left Step.**
9. On the command of execution **MARCH** of **Left Step, MARCH,** bend the left knee slightly and raise the left foot only high enough to allow freedom of movement. Place the left foot 15 inches to the left of the right foot. Throughout this movement keep the arms at the sides as in the position of attention. **MARCH.**
10. On the command of execution **STEP** of **Ready, STEP,** move the right foot, keeping the right leg straight, alongside the left foot as in the position of attention. **Ready, STEP.**
11. You will continue marching in this manner until otherwise directed. To further illustrate this movement I will have my demonstrator execute a series of steps. **Ready, STEP. Ready, STEP. Ready, STEP.**
12. To terminate this movement the command is **HALT.** The halt is executed in two counts. The preparatory command **Demonstrator** of **Demonstrator HALT,** must be given when the heels are together. The command of execution **HALT** of **Demonstrator, HALT,** must be given the next time the heels are together.
13. On the command of execution **STEP** of **Ready, STEP,** move the right foot alongside the left foot as in the position of attention. When the heels come together, the demonstrator will receive the preparatory command **Demonstrator,** of **Demonstrator, HALT. Ready, STEP. Demonstrator.**
14. On the command of execution **STEP** of **Ready, STEP,** move the left foot 15 inches to the left of the right foot. This is the intermediate step required between the preparatory command and the command of execution. **Ready, STEP.**

15. On the command of execution **STEP** of **Ready, STEP**, move the right foot alongside the left foot as in the position of attention. When the heels come together, the demonstrator will receive the command of execution **HALT** of **Demonstrator, HALT. Ready, STEP. HALT.**
16. On the command of execution **STEP** of **Ready, STEP**, move the left foot 15 inches to the left of the right foot, this being the additional step required after the command of execution. **Ready, STEP.**
17. On the command of execution **STEP** of **Ready, STEP**, move the right foot alongside the left foot resuming the position of attention. **Ready, STEP. RE-FORM.**
18. At normal cadence, this movement would look as follows: **Left Step, MARCH. Demonstrator, HALT. AT EASE.**
19. What are your questions pertaining to this movement when executed at normal cadence or using the step-by-step method of instruction?
20. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**
- 

### **STEP III**

21. **FALL IN.** I will use the step-by-step method of instruction.

## 15-INCH STEP TO THE RIGHT

### STEP I

1. **Instructional Formation, MARCH. AT EASE.** The next movement, which I will name, explain, have demonstrated, and which you will conduct practical work on, is the 15-inch step to the right from the halt and the halt.
  2. This movement is used to march an element to the right from the halt.
  3. The commands for this movement are **Right Step, MARCH,** and **HALT.**
  4. **Right Step, MARCH** is a two-part command, **Right Step** is the preparatory command, and **MARCH** is the command of execution. **HALT** is also a two-part command when preceded by a preparatory command, such as **Squad, Platoon,** or **Demonstrator.** I will use **Demonstrator** as the preparatory command, and **HALT** is the command of execution.
  5. When given, these commands are as follows: **Right Step, MARCH. Demonstrator, HALT.**
- 

### STEP II

6. **Demonstrator, POST.** I will use the step-by-step method of instruction.
7. **Right Step, MARCH** may only be commanded while at the halt.
8. On the preparatory command **Right Step** of **Right Step, MARCH** without noticeable movement, shift the weight of the body onto the left foot. **Right Step.**
9. On the command of execution **MARCH** of **Right Step, MARCH** bend the right knee slightly and raise the right foot only high enough to allow freedom of movement. Place the right foot 15 inches to the right of the left foot. Throughout this movement keep the arms at the sides as in the position of attention. **MARCH.**
10. On the command of execution **STEP** of **Ready, STEP,** move the left foot, keeping the left leg straight, alongside the right foot as in the position of attention. **Ready, STEP.**
11. You will continue marching in this manner until otherwise directed. To further illustrate this movement I will have my demonstrator execute a series of steps. **Ready, STEP. Ready, STEP. Ready, STEP.**
12. To terminate this movement the command is **HALT.** The halt is executed in two counts. The preparatory command **Demonstrator** of **Demonstrator, HALT** must be given when the heels are together. The command of execution **HALT** of **Demonstrator, HALT** must be given the next time the heels are together.
13. On the command of execution **STEP** of **Ready, STEP,** move the left foot alongside the right foot as in the position of attention. When the heels come together, the demonstrator will receive the preparatory command **Demonstrator** of **Demonstrator, HALT. Ready, STEP. Demonstrator.**
14. On the command of execution **STEP** of **Ready, STEP,** move the right foot 15 inches to the right of the left foot. This is the intermediate (or thinking) step required between the preparatory command and the command of execution. **Ready, STEP.**

15. On the command of execution **STEP** of **Ready, STEP**, move the left foot alongside the right foot as in the position of attention. When the heels come together, the demonstrator will receive the command of execution **HALT** of **Demonstrator, HALT. Ready, STEP. HALT.**

16. On the command of execution **STEP** of **Ready, STEP**, move the right foot 15 inches to the right of the left foot, this being the additional step required after the command of execution. **Ready, STEP.**

17. On the command of execution **STEP** of **Ready, STEP**, move the left foot alongside the right foot resuming the position of attention. **Ready, STEP. RE-FORM.**

18. At normal cadence, this movement would look as follows: **Right Step, MARCH. Demonstrator, HALT. AT EASE.**

19. What are your questions pertaining to this movement when executed at normal cadence or using the step-by-step method of instruction?

20. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**

---

### **STEP III**

21. **FALL IN.** I will use the step-by-step method of instruction.

## 15-INCH STEP BACKWARD

### STEP I

1. **Instructional Formation, MARCH. AT EASE.** The next movement, which I will name, explain, have demonstrated, and which you will conduct practical work on, is the 15-inch step backward.
  2. This movement is used to march an element backward for short distances only.
  3. The commands for this movement are **Backward, MARCH** and **HALT**.
  4. **Backward, MARCH** is a two-part command, **Backward** is the preparatory command, and **MARCH** is the command of execution. **HALT** is also a two-part command when preceded by a preparatory command, such as **Squad, Platoon**, or **Demonstrator**. I will use **Demonstrator** as the preparatory command, and **HALT** is the command of execution.
  5. When given, these commands are as follows: **Backward, MARCH. Demonstrator, HALT.**
- 

### STEP II

6. **Demonstrator, POST.** I will use the step-by-step method of instruction.
  7. **Backward, MARCH** may only be commanded from the halt. On the preparatory command **Backward** of **Backward, MARCH** without noticeable movement shift the weight of the body onto the right foot. **Backward.**
  8. On the command of execution **MARCH** of **Backward, MARCH** take a 15-inch step backward with left foot. The arms swing naturally. **MARCH.**
  9. You will continue marching in this manner until otherwise directed. To further illustrate this movement, I will have my demonstrator execute a series of steps. **Ready, STEP. Ready, STEP. . .**
  10. To terminate this movement, the command is **HALT**. The halt is executed in two counts, basically the same as the halt from the 30-inch step. For instructional purposes, on the command of execution **STEP** of **Ready, STEP**, bring the trail foot alongside the lead foot, and assume the position of attention. **Ready, STEP. RE-FORM.**
  11. At normal cadence, this movement would look as follows: **Backward, MARCH. Demonstrator, HALT. AT EASE.**
  12. What are your questions pertaining to this movement when executed at normal cadence or using the step-by-step method of instruction?
  13. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**
- 

### STEP III

14. **FALL IN.** I will use the step-by-step method of instruction.



Modules

# BASIC MANUAL OF ARMS

Order Arms

Port Arms from Order Arms

Right Shoulder Arms from Order Arms

Sling Arms from Order Arms

Rifle Rest Positions



## ORDER ARMS

### STEP I

1. **First and Second Squads, FALL OUT, U-Formation, FALL IN. RELAX.** The next movement, which I will name, explain, have demonstrated, and which you will conduct practical work on, is order arms.

2. Order arms is the position of attention with the rifle. It is the key position for all stationary, facing, and marching movements.

3. The commands for this position are **FALL IN** and **ATTENTION**.

4. **FALL IN** is a combined command. **ATTENTION** is a two-part command when preceded by a preparatory command such as **Squad, Platoon,** or **Demonstrator**. I will use **Demonstrator** as the preparatory command, and **ATTENTION** is the command of execution.

5. When given, these commands are as follows: **FALL IN. Demonstrator, ATTENTION.**

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### STEP II

6. **Demonstrator, POST.** I will use the talk-through method of instruction.

7. Assume order arms on the command **FALL IN**, or from parade rest on the command of execution **ATTENTION**.

8. At order arms, maintain the position of attention. Place the butt of the rifle on the marching surface, centered on the right foot, with sights to the rear. The toe of the butt touches the foot so that the rear sight and pistol grip form a straight line to the front. Secure the rifle with the right hand in a "U" formed by the fingers (extended and joined) and thumb. Hold the rifle above the front sight assembly with the right thumb and forefinger pointed downward, and on line with flat surface of the hand guard. Keep the right hand and arm behind the rifle so that the right thumb is straight along the seam of the trouser leg.

9. **NOTE:** Facings, alignments, and short-distance marching movements are executed from order arms or sling arms. When these movements are commanded while at order arms, it is necessary to automatically raise the rifle approximately one inch off the marching surface on the command of execution. When the movement has been completed, automatically return the rifle to order arms.

10. At normal cadence, this position would look as follows: **RELAX. FALL IN. RELAX. Demonstrator, ATTENTION. RELAX.**

11. What are your questions pertaining to this position when executed at normal cadence or using the talk-through method of instruction?

12. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**

---

### STEP III

13. **Platoon, ATTENTION.** I will use the talk-through method of instruction.

**PORT ARMS FROM ORDER ARMS**  
**ORDER ARMS FROM PORT ARMS**

**STEP I**

1. **Platoon, ATTENTION. AT EASE.** The next movements, which I will name, explain, have demonstrated, and which you will conduct practical work on, are port arms from order arms and order arms from port arms.
  2. Port arms is the key position assumed in most manual of arms movements from one position to another. Order arms from port arms is used to return the rifle to the position of attention.
  3. The commands for these movements are **Port, ARMS** and **Order, ARMS**.
  4. **Port, ARMS** and **Order, ARMS** are two-part commands, **Port** and **Order** are the preparatory commands, and **ARMS** is the command of execution.
  5. When given, these commands are as follows: **Port, ARMS. Order, ARMS.**
- 

**STEP II**

6. **Demonstrator, POST.** I will use the by-the-numbers method of instruction.
7. Port arms from order arms is a two-count movement. On the command of execution **ARMS** of **Port, ARMS**, this being count one, grasp the barrel of the rifle with the right hand and raise the rifle diagonally across the body, keeping the right elbow down (without strain). With the left hand, simultaneously grasp the hand guard just forward of the slipping so that the rifle is about four inches from the waist. **By-the-numbers, Port, ARMS.**
8. On count two, regasp the rifle at the small of the stock with right hand. Hold the rifle diagonally across the body, about four inches from the waist, the right forearm horizontal, and the elbows close to the sides. **Ready, TWO.**
9. Order arms from port arms is a three-count movement. On the command of execution **ARMS** of **Order, ARMS**, this being count one, move the right hand up and across the body to the right front of the front sight assembly, grasp the barrel firmly without moving the rifle, and keep the right elbow down without strain. **Order, ARMS.**
10. On count two, move the left hand from the hand guard and lower the rifle to the right side until it is about one inch off the marching surface. Guide the rifle to the right side by placing the forefinger of the left hand at the flash suppressor (compensator), fingers and thumb extended and joined, palm to the rear. **Ready, TWO.**
11. On count three, move the left hand sharply to the left side, lower the rifle gently to the marching surface, and resume the position of order arms. **Ready, THREE. Port, ARMS, Ready, TWO. Order, ARMS. Ready, TWO. Ready, THREE.**
12. At normal cadence, these movements would look as follows: **Without-the-numbers, Port, ARMS. Order, ARMS. AT EASE.**
13. What are your questions pertaining to these movements when executed at normal cadence or using the by-the-numbers method of instruction?

14. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**

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**STEP III**

15. **Platoon, ATTENTION.** I will use the by-the-numbers method of instruction.

**RIGHT SHOULDER ARMS FROM ORDER ARMS**  
**ORDER ARMS FROM RIGHT SHOULDER ARMS**

**STEP I**

1. **Platoon, ATTENTION. AT EASE.** The next movements, which I will name, explain, have demonstrated, and which you will conduct practical work on, are right shoulder arms from order arms, and order arms from right shoulder arms.
  2. Right shoulder arms is used as an alternate carry position for the rifle. Order arms from right shoulder arms is used to return the rifle to the position of order arms.
  3. The commands for these movements are **Right Shoulder, ARMS** and **Order, ARMS**.
  4. **Right Shoulder, ARMS** and **Order, ARMS** are two-part commands, **Right Shoulder** and **Order** are the preparatory commands, and **ARMS** is the command of execution.
  5. When given, these commands are as follows: **Right Shoulder, ARMS. Order, ARMS.**
- 

**STEP II**

6. **Demonstrator, POST.** I will use the by-the-numbers method of instruction.
7. Right shoulder arms from order arms is a four-count movement. On the command of execution **ARMS** of **Right shoulder, ARMS**, this being count one, grasp the barrel of the rifle with the right hand and raise it diagonally across the body, keeping the right elbow down without strain. Simultaneously, with the left hand, grasp the handguard just forward of the slinging, ensuring that the rifle is about four inches from the waist. **By-the-numbers, Right Shoulder, ARMS.**
8. On count two, move the right hand from the barrel and grasp the heel of the butt between the first two fingers with the thumb and forefinger touching. **Ready, TWO.**
9. On count three, without moving the head, release the grasp of the left hand without changing the grasp of the right hand, twist the rifle so that the sights are up, and place the weapon onto the right shoulder, moving the left hand to the small of the stock to guide the rifle to the shoulder. Keep the fingers and thumb of the left hand extended and joined with the palm turned toward the body. The first joint of the left forefinger touches the rear of the charging handle. Keep the left elbow down, and the right forearm horizontal with the right upper arm against the side and on line with the back. **Ready, THREE.**
10. On count four, sharply move the left hand back to the left side as in the position of attention. **Ready, FOUR.**
11. Order arms from right shoulder arms is a four-count movement. On the command of execution **ARMS** of **Order, ARMS**, this being count one, without moving the head and without changing the grasp of the right hand, press down firmly and quickly on the butt of the rifle with right hand and twist the rifle so that the sights are up, and guide it diagonally across the body and about four inches from the waist. Simultaneously, grasp the rifle with the left hand at the handguard just forward of the slinging. **Order, ARMS.**
12. On count two, move right hand up and across the body, approaching from the right front of the front sight assembly, and firmly grasp the barrel without moving the rifle; keeping the right elbow down without strain. **Ready, TWO.**

13. Counts three and four are executed the same as order arms from port arms. **Ready, THREE. Ready, FOUR. Right Shoulder, ARMS. Ready, TWO. Ready, THREE. Ready, FOUR. Order, ARMS. Ready, TWO. Ready, THREE. Ready, FOUR.**

14. At normal cadence, these movements would look as follows: **Without-the-numbers, Right Shoulder, ARMS. Order, ARMS. AT EASE.**

15. What are your questions pertaining to these movements when executed at normal cadence or using the by-the-numbers method of instruction?

16. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**

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### STEP III

17. **Platoon, ATTENTION.** I will use the by-the-numbers method of instruction.

**SLING ARMS FROM ORDER ARMS, ORDER ARMS FROM SLING ARMS,  
AND ADJUST SLINGS**

**STEP I**

1. **Platoon, ATTENTION. AT EASE.** The next movements, which I will name, explain, have demonstrated, and which you will conduct practical work on, are sling arms from order arms, order arms from sling arms, and adjust slings.
  2. Sling arms is used as the primary carry position for the rifle. Order arms from sling arms is used to return the rifle to the position of attention. Adjust slings is used to loosen or tighten the sling.
  3. The commands for these movements are **Sling, ARMS; Unsling, ARMS; and Adjust, SLINGS.**
  4. **Sling, ARMS; Unsling, ARMS; and Adjust, SLINGS** are two-part commands, **Sling, Unsling,** and **Adjust** are the preparatory commands, **ARMS** and **SLINGS** are the commands of execution.
  5. When given, these commands are as follows: **Sling, ARMS. Unsling, ARMS. Adjust, SLINGS.**
- 

**STEP II**

6. **Demonstrator, POST.** I will use the talk-through method of instruction.
7. From order arms with the sling(s) loose, the command is **Sling, ARMS.** On the command of execution **ARMS** of **Sling, ARMS,** grasp the barrel of the rifle with the right hand and raise it vertically. Grasp the sling near the upper sling swivel with the left hand and release the right hand. Place the right hand and arm between the sling and rifle and place the sling over the right shoulder. Regrasp the sling with right hand so that the wrist is straight, the right forearm is horizontal, the elbow is tight against the side, and the rifle is vertical. Release the grasp of the left hand and return it sharply to the left side as in the position of attention.
8. To return the rifle to order arms with the sling tight, the command is **Adjust, SLINGS.** On the command of execution **SLINGS** of **Adjust, SLINGS,** reach across the body with the left hand and grasp the sling at the right shoulder. Release the grasp of the right hand from the sling and remove the rifle from the shoulder. Then, grasp the barrel of the rifle with the right hand and raise it vertically. With the left hand, place the butt of the rifle on the right hip and cradle it in the crook of the right arm. Use both hands to tighten the sling on the ejection port side. Grasp the barrel of the rifle with the right hand and guide the rifle to the order arms position as previously described.
9. From order arms with sling(s) tight, the command is **Sling, ARMS.** On the command of execution **ARMS** of **Sling, ARMS,** grasp the barrel of the rifle with the right hand and raise the rifle vertically. With the left hand, place the butt of the rifle on the right hip, cradle the rifle in the crook of the right arm, and use both hands to adjust the sling. Grasp the sling with the left hand near the upper sling swivel and execute sling arms as previously described.
10. To return the rifle to order arms from sling arms, with slings loose, the command is, **Unslung, ARMS.** On the command of execution **ARMS** of **Unslung, ARMS,** reach across the body with the left hand and grasp the sling at the right shoulder. Release the grasp of the right hand from the sling and remove the rifle from the shoulder. Grasp the rifle barrel with the right hand, release the left hand grasp of the sling, and guide the rifle to the order arms position as previously described.
11. If an element is at order arms with the sling loose and the commander wants the sling to be tightened, he commands **Adjust, SLINGS.** On the command of execution **SLINGS** of **Adjust, SLINGS,** tighten the sling and guide the rifle to order arms as previously described.

12. **NOTE:** Unless otherwise specified, armed elements of a formation fall in at order arms with slings loose.

13. At normal cadence, these movements would look as follows: **Sling, ARMS. Adjust, SLINGS. Sling, ARMS. Unsling, ARMS. Adjust, SLINGS. AT EASE.**

14. What are your questions pertaining to these movements when executed at normal cadence or using the talk-through method of instruction?

15. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**

---

### STEP III

16. **Platoon, ATTENTION.** I will use the talk-through method of instruction.

**NOTE:** Paragraph 11 should be a note, candidate should not execute that movement. Proponency haven't made the change yet. Also the last command giving at normal cadence should be **Unslung, Arms not adjust slings.**

## RIFLE REST POSITIONS

### STEP I

1. **Platoon, ATTENTION. RELAX.** The next movements, which I will name, explain, have demonstrated, and which you will conduct practical work on, are the rifle rest positions.
  2. These positions are used to rest an element for a short period of time, while at the halt, when armed with a rifle.
  3. The commands for these positions are **Parade, REST; Stand At, EASE; AT EASE; and REST.**
  4. **Parade, REST,** and **Stand At, EASE** are two-part commands, **Parade** and **Stand At** are the preparatory commands, and **REST** and **EASE** are the commands of execution. **AT EASE,** and **REST** are combined commands.
  5. When given, these commands are as follows: **Parade, REST. Stand At, EASE. AT EASE. REST.**
- 

### STEP II

6. **Demonstrator, POST.** I will use the talk-through method of instruction.
  7. The rifle rest positions are commanded and executed the same as individual drill with the following additions:
  8. On the command of execution **REST** of **Parade, REST,** thrust the muzzle forward, simultaneously changing the grip of the right hand to grasp the barrel, keeping the toe of the butt of the rifle on the marching surface and the right arm straight.
  9. On the command of execution **EASE** of **Stand At, EASE,** execute parade rest with the rifle except turn the head and eyes toward the commander.
  10. On the command **AT EASE** or **REST,** keep the butt of the rifle in place as in the position of parade rest.
  11. At normal cadence, these positions would look as follows: **Demonstrator, ATTENTION. Parade, REST. Stand At, EASE. AT EASE. REST. AT EASE.**
  12. What are your questions pertaining to these positions when executed at normal cadence or using the talk-through method of instruction?
  13. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**
- 

### STEP III

14. **Platoon, ATTENTION.** I will use the talk-through method of instruction.





Modules

# ADVANCED MANUAL OF ARMS

Inspection Arms from Order Arms  
Present Arms from Sling Arms  
Left Shoulder Arms from Order Arms  
Right Shoulder Arms from Order Arms

**INSPECTION ARMS FROM ORDER ARMS**  
**ORDER ARMS FROM INSPECTION ARMS**

**STEP I**

1. **First and Second Squads, FALL OUT, U-Formation, FALL IN. AT EASE.** The next movements, which I will name, explain, have demonstrated, and which you will conduct practical work on, are inspection arms from order arms and order arms from inspection arms.
  2. Inspection arms is used for safety at the initial formation of the day or when the last command is dismissed. Order arms is used to bring the rifle back to the position of attention with the rifle.
  3. The commands for these movements are, **Inspection, ARMS; Ready, Port, ARMS; and Order, ARMS.**
  4. **Inspection, ARMS; Ready, Port, ARMS; and Order, ARMS** are two-part commands, **Inspection, Ready, Port** and **Order** are the preparatory commands, and **ARMS** is the command of execution.
  5. When given, these commands are as follows: **Inspection, ARMS. Ready, Port, ARMS. Order, ARMS.**
- 

**STEP II**

6. **Demonstrator, POST.** I will use the by-the-numbers method of instruction.
7. Inspection arms from order arms is a seven-count movement. On the command of execution **ARMS of Inspection, ARMS**, execute port arms in two counts. **By-the- numbers, Inspection, ARMS. Ready, TWO.**
8. On count three, move the left hand from the hand guard and grasp the pistol grip, thumb over the lower portion of the bolt catch. **Ready, THREE.**
9. On count four, release the grasp of the right hand, unlock the charging handle with the thumb, and sharply pull the charging handle to the rear with the thumb and forefinger. At the same time, apply pressure on the lower portion of the bolt catch, locking the bolt to the rear. **Ready, FOUR.**
10. On count five, without changing the grasp of the right hand, sharply push the charging handle forward until it is locked into position; then regrasp the rifle with the right hand at the small of the stock. **Ready, FIVE.**
11. On count six, remove the left hand, twist the rifle with the right hand so that the ejection port is skyward, regrasp the handguard with the left hand just forward of the slinging, and visually inspect the receiver through the ejection port. **Ready, SIX.**
12. On count seven, with the right hand, twist the rifle so that the sights are up and come to inspection arms. **Ready, SEVEN.**
13. **Ready, Port, ARMS** is the only command that can be given from inspection arms. On the preparatory command **Ready**, move the left hand and regrasp the rifle with the thumb and fingers forming a "U" at the magazine well and trigger guard, the thumb without pressure on the upper part of the bolt catch, fingertips placed below or under the ejection port cover. **Ready.**

14. On the preparatory command **Port**, press the bolt catch and allow the bolt to go forward. With the fingertips, push upward, and close the ejection port cover. Grasp the pistol grip with the left hand and place the left thumb on the trigger. **Port**.

15. On the command of execution **ARMS**, pull the trigger and resume port arms. **ARMS**.

16. Order arms from port arms is a three-count movement. On the command of execution **ARMS of Order, ARMS**, execute order arms as previously taught. **Order, ARMS. Ready, TWO. Ready, THREE. Inspection, ARMS. Ready TWO. Ready, THREE. Ready FOUR. Ready, FIVE. Ready, SIX. Ready, SEVEN. Ready, Port, ARMS. Order ARMS. Ready, TWO. Ready THREE.**

17. At normal cadence, these movements would look as follows: **Without-the-numbers, Inspection, ARMS. Ready, Port, ARMS. Order, ARMS. AT EASE.**

18. What are your questions pertaining to these movements when executed at normal cadence or using the by-the-numbers method of instruction?

19. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**

---

### STEP III

20. **Platoon, ATTENTION.** I will use the by-the-numbers method of instruction.

## SALUTE AT SLING ARMS

### STEP I

1. **First and Second Squads, FALL OUT, U-Formation, FALL IN. AT EASE.** The next movement, which I will name, explain, have demonstrated, and you which will conduct practical work on, is the salute while at sling arms.
  2. The salute at sling arms is used when reporting and to render courtesy and respect to officers, the flag, and the nation.
  3. The commands for this movement are **Present, ARMS** and **Order ARMS**.
  4. **Present, ARMS** and **Order, ARMS** are two-part commands, **Present** and **Order** are the preparatory commands, and **ARMS** is the command of execution.
  5. When given, these commands are as follows: **Present, ARMS. Order, ARMS.**
- 

### STEP II

6. **Demonstrator, POST. Sling, ARMS.** I will use the talk-through method of instruction.
  7. On the command of execution **ARMS** of **Present, ARMS**, reach across the body with the left hand and grasp the sling just above the right hand. Release the right hand and execute the hand salute as previously described.
  8. To terminate the hand salute, the command is **Order, ARMS**. On the command of execution **ARMS** of **Order, ARMS**, lower the right hand sharply to the side as in the position of attention and then regasp the sling at the original position. After grasping the sling with the right hand, release the left hand and return it sharply to the left side as in the position of attention.
  9. When rendering reports or courtesy to an individual, the same rules apply for the hand salute as explained in individual drill.
  10. **NOTE:** Individuals performing duty in congested areas, which would require frequent salutes, should carry the rifle at sling arms.
  11. At normal cadence, this movement would look as follows: **Present, ARMS. Order, ARMS. AT EASE.**
  12. What are your questions pertaining to these movements when executed at normal cadence or using the talk-through method of instruction?
  13. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**
- 

### STEP III

14. **Platoon, ATTENTION.** I will use the talk-through method of instruction.

**LEFT SHOULDER ARMS FROM ORDER ARMS**  
**ORDER ARMS FROM LEFT SHOULDER ARMS**

**STEP I**

1. **First and Second Squads, FALL OUT, U-Formation, FALL IN. AT EASE.** The next movements, which I will name, explain, have demonstrated, and which you will conduct practical work on, are left shoulder arms from order arms and order arms from left shoulder arms.
  2. Left shoulder arms is used as an alternate carry position for the rifle. Order arms from left shoulder arms is used to return the rifle to the position of attention with the rifle.
  3. The commands for these movements are **Left Shoulder, ARMS** and **Order, ARMS**.
  4. **Left Shoulder, ARMS** and **Order, ARMS** are two-part commands, **Left Shoulder** and **Order** are the preparatory commands, and **ARMS** is the command of execution.
  5. When given, these commands are as follows: **Left Shoulder, ARMS. Order, ARMS.**
- 

**STEP II**

6. **Demonstrator, POST.** I will use the by-the-numbers method of instruction.
7. Left shoulder arms from order arms is four-count movement. On the command of execution **ARMS** of **Left Shoulder, ARMS**, execute port arms in two counts. **By-the- numbers, Left Shoulder, ARMS. Ready, TWO.**
8. On count three, release the grasp of the left hand and without moving the head, place the rifle on the left shoulder with the right hand with the sights up, keeping the right elbow down. At the same time, regrasp the rifle with the left hand with the heel of the butt between the first two fingers and with the thumb and forefinger touching. The left forearm is horizontal, and the left upper arm is against the side and on line with the back. **Ready, THREE.**
9. On count four, move the right hand to the right side as in the position of attention. **Ready, FOUR.**
10. Order arms from left shoulder arms is a five-count movement. On the command of execution **ARMS** of **Order, ARMS**, this being count one, move the right hand up and across the body and grasp the small of the stock, keeping the right elbow down. **Order, ARMS.**
11. On count two, without moving the head, release the grasp of the left hand and with the right hand move the rifle diagonally across the body keeping the sights up, about four inches from the waist. At the same time, regrasp the handguard just forward of the sling with the left hand, and resume port arms. **Ready, TWO.**
12. Counts three, four, and five are the same as order arms from port arms. **Ready, THREE, Ready, FOUR. Ready, FIVE. Left Shoulder, ARMS. Ready, TWO. Ready, THREE. Ready, FOUR. Order, ARMS. Ready, TWO. Ready, THREE. Ready, FOUR. Ready, FIVE.**
13. At normal cadence, these movements would look as follows: **Without -the-numbers, Left Shoulder, ARMS. Order, ARMS. AT EASE.**

14. What are your questions pertaining to these movements when executed at normal cadence or using the by-the-numbers method of instruction?

15. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**

---

### **STEP III**

16. **Platoon, ATTENTION.** I will use the by-the-numbers method of instruction.

**LEFT SHOULDER ARMS FROM RIGHT SHOULDER ARMS**  
**RIGHT SHOULDER ARMS FROM LEFT SHOULDER ARMS**

**STEP I**

1. **First and Second Squads, FALL OUT, U-Formation, FALL IN. AT EASE.** The next movements, which I will name, explain, have demonstrated, and which you will conduct practical work on, are left shoulder arms from right shoulder arms and right shoulder arms from left shoulder arms.
  2. Left shoulder arms and right shoulder arms are used as alternate carry positions for the rifle.
  3. The commands for these movements are, **Left Shoulder, ARMS**, and **Right Shoulder, ARMS**.
  4. **Left Shoulder, ARMS** and **Right Shoulder, ARMS** are two-part commands, **Left Shoulder**, and **Right Shoulder** are the preparatory commands, and **ARMS** is the command of execution.
  5. When given, these commands are as follows: **Left Shoulder, ARMS. Right Shoulder, ARMS.**
- 

**STEP II**

6. **Demonstrator, POST. Right Shoulder, ARMS.** I will use the by-the-numbers method of instruction.
7. Left shoulder arms from right shoulder arms is a four-count movement. On the command of execution **ARMS** of **Left Shoulder, ARMS**, execute the first count the same as executing order arms. **By-the-numbers, Left Shoulder, ARMS.**
8. On count two, remove the right hand from the butt of the rifle and regrip the small of the stock and resume port arms. **Ready, TWO.**
9. Counts three and four are the same movements as from port arms. **Ready, THREE. Ready, FOUR.**
10. When marching, the command **Left Shoulder, ARMS** is given as the left foot strikes the marching surface.
11. Right shoulder arms from left shoulder arms is a five-count movement. On the command of execution **ARMS** of **Right Shoulder, ARMS**, execute port arms in two counts. **Right Shoulder, ARMS. Ready, TWO.**
12. Counts three, four, and five are the same as from port arms. **Ready, THREE. Ready, FOUR. Ready, FIVE.**
13. When marching, the command **Right Shoulder, ARMS** is given as the right foot strikes the marching surface.
14. **Left Shoulder, ARMS. Ready, TWO. Ready, THREE. Ready, FOUR. Right Shoulder, ARMS. Ready, TWO. Ready, THREE. Ready, FOUR. Ready, FIVE.**
15. At normal cadence, these movements would look as follows: **Without-the-numbers, Left Shoulder, ARMS. Right Shoulder, ARMS. Order, ARMS. AT EASE.**

16. What are your questions pertaining to these movements when executed at normal cadence or using the by-the-numbers method of instruction?

17. **Demonstrator, ATTENTION.** You will now become my assistant instructor. **FALL OUT.**

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### **STEP III**

18. **Platoon, ATTENTION. Right Shoulder, ARMS.** I will use the by-the-numbers method of instruction.





Modules

# SQUAD DRILL

Forming, Aligning, and Dismissing the  
Squad

Changing the Direction of a column, Right  
Changing the Direction of a column, Left  
Count Off, Stack Arms and Take Arms

## FORMING, ALIGNING, AND DISMISSING THE SQUAD

### STEP I

1. **Instructional Formation, MARCH. AT EASE.** The next movements, which I will name, explain, have demonstrated, and which you will conduct practical work on, are forming the squad at normal interval, aligning the squad with exact alignment in a line formation, and dismissing the squad.
  2. Forming the squad is used for accountability purposes, aligning the squad using exact alignment is used to align several elements on the same line, dismissing the squad is used to terminate the formation.
  3. The commands for these movements are, **FALL IN; Dress Right, DRESS; Ready, FRONT; and DISMISSED.**
  4. **FALL IN** and **DISMISSED** are combined commands. **Dress Right, DRESS** and **Ready, FRONT** are two-part commands, **Dress Right** and **Ready** are the preparatory commands, **DRESS** and **FRONT** are the commands of execution.
  5. When given, these commands are as follows: **FALL IN. Dress Right, DRESS. Ready, FRONT. DISMISSED.**
- 

### STEP II

6. **Demonstrators, POST.** I will use the talk-through method of instruction.
7. The squad normally forms in a line formation; however, it may re-form in column when each member can identify his exact position (equipment grounded) in the formation.
8. To form the squad at normal interval, the squad leader comes to the position of attention and commands **FALL IN**. On the command **FALL IN**, the following actions happen simultaneously:
9. Each member of the squad double times to his place in formation. The right flank man positions himself so that when the squad is formed, it is three steps in front of and centered on the squad leader.
10. The right flank man comes to the position of attention and raises his left arm laterally at shoulder level, elbow locked, fingers and thumb extended and joined, and palm facing down. He ensures that the left arm is in line with the body.
11. The man to the immediate left of the right flank man comes to the position of attention, turns his head and eyes to the right, and raises his left arm in the same manner as the right flank man.
12. He obtains proper alignment by taking short steps forward or backward until he is on line with the right flank man.
13. He then obtains exact interval by taking short steps left or right until his shoulder touches the extended fingertips of the right flank man. The right flank man then sharply returns to the position of attention.

14. As soon as the man to the left has obtained normal interval, each man individually lowers his arm to his side, sharply turns his head and eyes to the front and assumes the position of attention.

15. All other members of the squad form in the same manner except that the left flank man does not raise his left arm.

16. **NOTE:** The right flank man raises his arm and looks straight to the front unless the squad is to align on an element to its right.

17. **NOTE:** To form at close interval, the formation is completed in the same manner prescribed for normal interval, except that the command is **At Close Interval, FALL IN**. Squad members obtain close interval by placing the heel of the left hand on the left hip even with the waist, fingers and thumb joined and extended downward, and with the elbow in line with the body and touching the arm of the man to the left.

18. **NOTE:** The squad leader commands the squad to the appropriate interval prior to giving the command for alignment.

19. To align the squad at normal interval, the commands are **Dress Right, DRESS** and **Ready, FRONT**. These commands are given only when armed soldiers are at order arms, or sling arms. On the command of execution **DRESS** of **Dress Right, DRESS**, the right flank man stands fast. Each member, except the right flank man, turns his head and eyes to the right and aligns himself with the man on his right.

20. Each member, except the left flank man, extends his left arm laterally at shoulder level, elbow locked, fingers and thumb extended and joined, palm facing down. He ensures his left arm is in line with his body and positions himself by short steps right or left until his right shoulder touches the fingertips of the man on his right.

21. If the squad leader wants exact alignment, on the command of execution **DRESS**, of **Dress Right DRESS**, he faces to the half left as in marching and marches by the most direct route to a position on line with the squad, halts one step from the right flank man, and faces down the line.

22. From his position, he verifies the alignment of the squad, directing the men to move forward or backward, as necessary, calling them by name or number.

23. The squad leader remains at attention, taking short steps to the right or left as necessary to see down the squad. Having aligned the squad, he centers himself on the right flank man by taking short steps left or right.

24. He then faces to the half right as in marching, returns to his position centered on the squad, halts perpendicular to the formation, faces to the left, and commands **Ready, FRONT**.

25. On the command of execution **FRONT** of **Ready, FRONT** each member returns sharply to the position of attention. The same procedures apply when aligning the squad at close or double interval.

26. **NOTE:** To align the squad at close interval, the commands are **At Close Interval, Dress Right, DRESS** and **Ready, FRONT**. The movement is executed in the same manner as prescribed for alignment at normal interval except that the squad members obtain close interval.

27. To terminate the formation the command is **DISMISSED**. The squad is dismissed with the members at attention. With armed troops, the commands are **Inspection, ARMS; Ready, Port, ARMS; Order (Sling), ARMS;** and **DISMISSED**. With unarmed troops, the command is **DISMISSED**.

28. Unless otherwise stated by the person in charge in his instructions prior to the command **DISMISSED**, the command **DISMISSED** terminates only the formation, not the duty day.

29. At normal cadence, these movements would look as follows: **FALL IN. Dress Right, DRESS. Ready, FRONT. DISMISSED. FALL IN. AT EASE.**

30. What are your questions pertaining to these movements when executed at normal cadence or using the talk-through method of instruction?

31. **Demonstrators, ATTENTION.** You will now become my assistant instructors. **FALL OUT.**

---

### STEP III

32. **FALL IN.** Squad leaders on the command **FALL OUT** move to your designated area. **FALL OUT.** Squad members on the command **FALL OUT** move to the vicinity of your squad leader. **FALL OUT.**

33. I will use the talk-through method of instruction.

34. The candidate should be referring to the Platoon in his commands and not to the demonstrator.

## CHANGING THE DIRECTION OF A COLUMN FROM THE HALT, COLUMN RIGHT

### STEP I

1. **Instructional Formation, MARCH. AT EASE.** The next movement, which I will name, explain, have demonstrated, and which you will conduct practical work on, is changing the direction of a column to the right, from the halt.
  2. This movement is used to change the direction of a column 90 degrees to the right.
  3. The commands for this movement are **Column Right, MARCH** and **HALT**.
  4. **Column Right, MARCH** is a two-part command, **Column Right** is the preparatory command and **MARCH** is the command of execution. **Halt** is also a two-part command when preceded by a preparatory command, such as **Squad, Platoon**, or **Demonstrator**. I will use **Demonstrator** as the preparatory command and **Halt** is the command of execution.
  5. When given, these commands are as follows: **Column Right, MARCH. Demonstrator, HALT.**
- 

### STEP II

6. **Demonstrators, POST.** I will use the step-by-step method of instruction.
  7. On the command of execution **MARCH** of **Column Right, MARCH**, the lead man faces to the right as in marching by pivoting to the right on the ball of the right foot and steps off in the indicated direction taking a 30-inch step with the left foot. The number two man adjusts his step by lengthening or shortening it as necessary to reach the approximate pivot point of the lead man. All other squad members execute a 30 inch step forward. **Column Right, MARCH.**
  8. On the command of execution **STEP** of **Ready, STEP**, the number two man, having reached the approximate pivot point of the lead man, will pivot to the right on the ball of the lead foot and take a 30-inch step with the trail foot in the new direction. All other squad members execute a 30-inch step forward with the trail foot. **Ready, STEP.**
  9. All remaining squad members will execute this movement in the same manner as the number two man until all squad members have executed the column right. **Ready, STEP. Ready, STEP.**  
..
  10. To terminate this movement the command is **HALT**. The halt is executed in two counts, basically the same as the halt from the 30-inch step. For instructional purposes, on the command of execution **STEP** of **Ready, STEP**, bring the trail foot alongside the lead foot and resume the position of attention. **Ready, STEP.**
  11. At normal cadence, this movement would look as follows: **Column Right, MARCH. Demonstrators, HALT. AT EASE.**
  12. What are your questions pertaining to this movement when executed at normal cadence or using the step-by-step method of instruction?
  13. **Demonstrators, ATTENTION.** You will now become my assistant instructors. **FALL OUT.**
-

### STEP III

14. **FALL IN.** Squad leaders on the command **FALL OUT** move to your designated area. **FALL OUT.** Squad members on the command **FALL OUT**, fall in in a file behind your squad leader. **FALL OUT.**

15. I will use the step-by-step method of instruction.

## CHANGING THE DIRECTION OF A COLUMN FROM THE HALT, COLUMN LEFT

### STEP I

1. **Instructional Formation, MARCH. AT EASE.** The next movement, which I will name, explain, have demonstrated, and which you will conduct practical work on, is changing the direction of a column to the left from the halt.
  2. This movement is used to change the direction of a column 90 degrees to the left.
  3. The commands for this movement are **Column Left, MARCH** and **HALT**.
  4. **Column Left, MARCH** is a two-part command, **Column Left** is the preparatory command and **MARCH** is the command of execution. **Halt** is also a two-part command when preceded by a preparatory command, such as **Squad, Platoon,** or **Demonstrator**. I will use **Demonstrator** as the preparatory command and **Halt** is the command of execution.
  5. When given, these commands are as follows: **Column Left, MARCH. Demonstrator, HALT.**
- 

### STEP II

6. **Demonstrators, POST.** I will use the step-by-step method of instruction.
7. On the command of execution **MARCH** of **Column Left, MARCH**, the lead man faces to the left as in marching by pivoting to the left on the ball of the right foot and steps off in the indicated direction taking a 30-inch step with the left foot. All other squad members execute a 30-inch step forward. **Column Left, MARCH.**
8. On the command of execution **STEP** of **Ready, STEP**, the number two man adjusts his step by lengthening or shortening as necessary, to reach the approximate pivot point of the lead man. All other squad members execute a 30-inch step forward with the trail foot. **Ready, STEP.**
9. On the command of execution **STEP** of **Ready, STEP**, the number two man, having reached the approximate pivot point of the lead man, will pivot to the left on the ball of the lead foot and take a 30-inch step with the trail foot in the new direction. All other squad members execute a 30-inch step forward with the trail foot. **Ready, STEP.**
10. All remaining squad members will execute this movement in the same manner as the number two man until all squad members have executed the column left. **Ready, STEP. Ready, STEP . . .**
11. To terminate this movement the command is **HALT**. The halt is executed in two counts, basically the same as the halt from the 30-inch step. For instructional purposes, on the command of execution **STEP** of **Ready, STEP**, bring the trail foot alongside the lead foot and resume the position of attention. **Ready, STEP. REFORM.**
12. At normal cadence, this movement would look as follows: **Column Left, MARCH. Demonstrators, HALT. AT EASE.**
13. What are your questions pertaining to this movement when executed at normal cadence or using the step-by-step method of instruction?
14. **Demonstrators, ATTENTION.** You will now become my assistant instructors. **FALL OUT.**

---

### STEP III

15. **FALL IN.** Squad leaders on the command **FALL OUT** move to your designated area. **FALL OUT.** Squad members on the command **FALL OUT**, fall in in a file behind your squad leader. **FALL OUT.**

16. I will use the step-by-step method of instruction. COUNT OFF.



## STACK ARMS AND TAKE ARMS

### STEP I

1. **Instructional Formation, MARCH. AT EASE.** The next movements, which I will name, explain, have demonstrated, and which you will conduct practical work on are, counting off, prepare slings, stack and take arms.

2. Counting off is used so that each member of the squad can independently identify their exact location in the formation. Prepare slings is used to adjust the sling for the insertion of other rifles. Stack arms is used to ground the weapons in a uniform manner, and to prevent damage to the front sight assembly. Take arms is used to return the rifle to its original owner.

3. The commands for these movements are: **Count, OFF; Prepare, SLINGS; Stack, ARMS; and Take, ARMS.**

4. **Count, OFF; Prepare, SLINGS; Stack, ARMS; and Take, ARMS** are two-part commands, **Count, Prepare, Stack, and Take** are preparatory commands, and **OFF, SLINGS, and ARMS** are the commands of execution.

5. When given, these commands are as follows: **Count, OFF. Prepare, SLINGS. Stack, ARMS. Take, ARMS.**

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### STEP II

6. **Demonstrators, POST.** I will use the talk-through method of instruction.

7. The squad may count off in a line or column formation. When the squad is in a line formation, the counting is executed from right to left. On the command of execution **OFF** of **Count, OFF** each member, except the right flank man, turns his head and eyes to the right, and the right flank man counts off "**ONE.**"

8. After the man on the right counts off his number, the man to his left counts off with the next higher number and simultaneously turns his head and eyes to the front.

9. All other members execute count off in the same manner until the entire squad has counted off.

10. **Right, FACE.**

11. When the squad is in column formation, the counting is executed from front to rear. On the command of execution **OFF** of **Count, OFF**, the soldier at the head of the column turns his head and eyes to the right and counts over his shoulder, "**ONE.**"

12. After counting off his number, he immediately comes to the position of attention.

13. All other members count their numbers in sequence in the same manner as the number one man; the last man in the file does not turn his head and eyes to the right.

14. **Left, FACE.**

15. The squad members execute stack arms from their positions in line formation at normal interval from order arms.

16. **NOTE:** When the squad is part of a larger unit, stack arms may be executed in a column formation when the formation consists of three or more files, and the squads are at normal interval. Second or third squad is designated as the stack squad.

17. When in a line formation, the squad leader commands **Count, OFF** and then designates the stackmen by numbers 2, 5, 8... you are the stackmen.

18. After the stackmen are designated, the squad leader commands **Prepare, SLINGS**. On the command of execution **SLINGS** of **Prepare, SLINGS**, each stackman (or stack squad) grasps the barrel of his rifle with his right hand and raises the rifle vertically. With his left hand, he places the rifle butt on his right hip and cradles the rifle in the crook of his right arm. Using both hands, he adjusts the sling keeper so that there is a two-inch loop formed from the sling keeper to the upper sling swivel. As soon as the loop is formed, he return to order arms.

19. When all stackmen have returned to order arms, the squad leader commands **Stack, ARMS**. On the command of execution **ARMS** of **Stack, ARMS**, each stackman grasps the barrel of the rifle with the right hand and places the rifle directly in front of and centered on his body with the sights to the rear. The rifle butt is placed on the marching surface so that the heel of the rifle butt is on line with the toes of his footgear. The stackman bends slightly forward at the waist and grasps his rifle with his left hand at the upper portion of the handguard keeping the rifle vertical at all times. The first two fingers of the left hand hold the inner part of the loop against the rifle. The stackman reaches across the front of the rifle with his right hand, grasps the other part of the loop, and holds it open for insertion of other rifles.

20. On the command of execution **ARMS**, the men to the right and left of the stackman perform the following movements simultaneously:

21. The man on the stackman's right grasps the barrel of his rifle with his right hand and raises and centers his rifle with the magazine well facing to the front, wrist held shoulder high, elbow locked. With his left hand, he then grasps the handguard midway, releases his right hand, and regrips the rifle at the small of the stock. He lowers both arms, with elbows locked holding the rifle in a horizontal position with the muzzle to the left and the magazine well to the front.

22. The man on the stackman's left grasps the barrel of the rifle with his right hand and raises and centers his rifle with the magazine well facing the front, wrist held shoulder high, elbow locked. Using his left hand, he then grasps the rifle at the small of the stock, releases the right hand, and regrips the handguard midway. He then lowers both arms, with elbows locked holding the rifle in a horizontal position with the muzzle pointing to the right and the magazine well to the front.

23. As soon as the stackman has placed his rifle in position, both men move the foot nearest the stackman 18 inches to the half left or half right toward the stackman. The man on the stackman's left inserts the muzzle of his rifle into the loop to a point about halfway between the flash suppressor (compensator) and the front sight assembly. He holds his rifle in this position until the man on the stackman's right inserts the muzzle of his rifle in similar manner and above the other rifle muzzle.

24. Without moving the feet, both riflemen swing the butt of their rifles out and then down to the marching surface, making the stack tight with the rifle butts on line and about two feet from the baseline. When the stack has been completed, all three men resume the position of attention.

25. Additional rifles are passed to the nearest stack on the right (right or left if stacked in column). The men with additional rifles grasp the rifle barrel with the right hand and raise the rifle vertically with the magazine well to the front, wrist held shoulder high, elbow locked, and right arm extended to the right front. Throughout the pass, the rifle is held vertical with the magazine well to the front.

26. The man to the left of the stackman then grasps the rifle midway at the handguard with his left hand. The man passing the additional rifle then releases the rifle and sharply returns to the position of attention. The man to the left of the stackman then moves the rifle until it is centered on his body, and he grasps the rifle barrel with his right hand, wrist held shoulder high and elbow locked. He then releases his left hand and sharply returns his left hand to the left side as in the position of attention. He then moves the rifle to his right front.

27. The stackman receives the rifle and centers it in the same manner as previously described. The man to the left of the stackman sharply returns to the position of attention after he releases the rifle. Once the stackman has centered the rifle and grasped the barrel with the right hand, he bends forward at the waist and places the rifle in the stack so that it is secure without damaging the front sight assembly. The stackman then returns to the position of attention.

28. If there are two additional rifles, the second rifle is passed in the same manner as the first.

29. To return the rifles to their original owners the command is **Take, ARMS**. On the command of execution **ARMS** of **Take, ARMS**, the men return the additional rifle in the same manner as the rifles were received. The stackman secures the stack and holds the loop in the same manner as for stacking rifles.

30. The men on the left and right step toward the stackman in the same manner as when stacking arms. Each man reaches downward and regrips his rifle, one hand at the small of the stock and one hand midway of the handguard and brings it to the horizontal position. The man on the right frees his rifle first and resumes order arms. The man on the left frees his rifle and resumes order arms.

31. The stackman cradles his rifle and adjusts the sling and sling keeper to its original position and then resumes order arms.

32. At normal cadence, these movements would look as follows: **Count, OFF. Right, FACE. Count, OFF. Left, FACE.** Numbers 2, 5, 8, you are the stackmen. **Prepare, SLINGS. Stack, ARMS. Take, ARMS. AT EASE.**

33. What are your questions pertaining to these movements when executed at normal cadence or using the talk-through method of instruction.

34. **Demonstrators, ATTENTION.** You will now become my assistant instructors. **FALL OUT.**

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### STEP III

35. **FALL IN.** Squad leaders on the command **FALL OUT** move to your designated area. **FALL OUT.** Squad members on the command **FALL OUT** move to the vicinity of your squad leader. **FALL OUT.**

36. I will use the talk-through method of instruction.



Modules

# PLATOON DRILL

Opening and Closing Ranks  
Aligning the Platoon in a Line Formation  
Aligning the Platoon to the Right Flank  
Marching the Platoon to the Right Flank  
Marching the Platoon to the Left Flank  
Change the Direction of a Column, Left  
Change the Direction of a Column, Right

## OPENING RANKS AND CLOSING RANKS

### STEP I

1. **Instructional Formation, MARCH. AT EASE.** The next movements, which I will name, explain, have demonstrated, and which you will conduct practical work on, are opening ranks and closing ranks.
  2. Opening ranks is used to prepare your platoon for inspection or for grounding equipment. Closing ranks is used to return the formation to its original configuration.
  3. The commands for these movements are, **Open Ranks, MARCH**, and **Close Ranks, MARCH**.
  4. **Open Ranks, MARCH**, and **Close Ranks, MARCH** are two-part commands, **Open Ranks** and **Close Ranks** are the preparatory commands and **MARCH** is the command of execution.
  5. When given, these commands are as follows: **Open Ranks, MARCH. Close Ranks, MARCH.**
- 

### STEP II

6. **Demonstrators, POST.** I will use the talk-through method of instruction.
  7. **Open Ranks, MARCH** is executed from a line formation while at the halt. It may be executed while at any of the prescribed intervals.
  8. On the command of execution **MARCH** of **Open Ranks, MARCH**, the platoon leader and platoon sergeant take the appropriate number of steps to maintain their posts.
  9. The first rank takes two steps forward, the second rank takes one step forward, the third rank will stand fast, and the fourth rank takes two steps backward. If additional ranks are present, the fifth rank will take four steps backward, and the sixth rank takes six steps backward.
  10. **NOTE:** After taking the prescribed number of steps, the men do not raise their arms. If the platoon leader or platoon sergeant desires exact interval or alignment, he will command **At Close Interval (At Double Interval), Dress Right, DRESS**.
  11. To return the platoon to its original configuration, the command is **Close Ranks, MARCH**. On the command of execution **MARCH** of **Close Ranks, MARCH**, the fourth rank takes one step forward, the third rank stands fast, the second rank takes two steps backward, and the first rank takes four steps backward.
  12. At normal cadence, these movements would look as follows: **Open Ranks, MARCH. Close Ranks, MARCH. AT EASE.**
  13. What are your questions pertaining to these movements when executed at normal cadence or using the talk-through method of instruction?
  14. **Demonstrators, ATTENTION.** You will now become my assistant instructors. **FALL OUT.**
- 

### STEP III

15. **FALL IN.** I will use the talk through method of instruction.

## ALIGNING THE PLATOON IN A LINE FORMATION

### STEP I

1. **Instructional Formation, MARCH. AT EASE.** The next movement, which I will name, explain, have demonstrated, and which you will conduct practical work on, is aligning the platoon in a line formation.
  2. This movement is used to align several elements along the same line.
  3. The commands for this movement are **Dress Right, DRESS** and **Ready, FRONT**.
  4. **Dress Right, DRESS** and **Ready, FRONT** are two-part commands, **Dress Right**, and **Ready** are the preparatory commands and **DRESS** and **FRONT** are the commands of execution.
  5. When given, these commands are as follows: **Dress Right, DRESS. Ready, FRONT.**
- 

### STEP II

6. **Demonstrators, POST.** I will use the talk-through method of instruction.
7. The platoon is aligned in basically the same manner as the squad. On the command of execution **DRESS** of **Dress Right, DRESS**, the first squad leader stands fast and serves as the base. Other squad leaders obtain correct distance by estimation.
8. The members of the first squad execute in the same manner as in squad drill to obtain exact interval. All other squads execute as the first squad, except that each squad member raises the left arm only for uniformity, actually covering (by glancing out the corner of the left eye) on the man to their front.
9. If the platoon leader wants exact alignment, on the command of execution **DRESS**, of **Dress Right, DRESS**, he faces to the half left (half right) in marching and marches by the most direct route to a position on line with the first squad, halts one step from the squad leader or left flank man, and faces down the line.
10. From this position, he verifies the alignment of the first squad, directing the men to move forward or backward, as necessary, calling them by name or number.
11. The platoon leader remains at attention, taking short steps to the right or left as necessary, to see down the squad. Having aligned the first squad, the platoon leader, after centering himself on the first squad, faces to the left (right) as in marching, taking two (three if at open ranks) short steps to the next squad, halts, faces down the line, and aligns the squad in the same manner.
12. After the last squad is aligned, the platoon leader centers himself on the squad leader by taking short steps left or right, faces to the right (left) as in marching, returns to his position centered on the platoon, halts perpendicular to the formation, faces to the left (Right), and commands **Ready, FRONT**.
13. On the command of execution **FRONT** of **Ready, FRONT**, each member returns sharply to the position of attention.

14. **NOTE:** When the platoon dresses as part of a larger formation, all squad leaders glance to the right and align themselves on the unit to their right. The platoon leader aligns the platoon from the left flank rather than from the right flank when his platoon is not formed as the right flank platoon.

15. At normal cadence, this movement would look as follows: **Dress Right, DRESS. Ready, FRONT. AT EASE.**

16. What are your questions pertaining to this movement when executed at normal cadence or using the talk-through method of instruction?

17. **Demonstrators, ATTENTION.** You will now become my assistant instructors. **FALL OUT.**

---

### STEP III

18. **FALL IN.** I will use the talk-through method of instruction.



## ALIGNING THE PLATOON IN A COLUMN FORMATION

### STEP I

1. **Instructional Formation, MARCH. AT EASE.** The next movement, which I will name, explain, have demonstrated, and which you will conduct practical work on, is aligning the platoon in a column formation.
  2. This movement is used to align several elements along the same line, one behind the other.
  3. The commands for this movement are **COVER** and **RECOVER**.
  4. **COVER** and **RECOVER** are combined commands.
  5. When given, these commands are as follows: **COVER. RECOVER.**
- 

### STEP II

6. **Demonstrators, POST.** I will use the talk-through method of instruction.
  7. On the command **COVER**, the fourth squad leader stands fast and serves as the base. The squad leaders with the exception of the left flank squad leader, raise their left arms laterally and turn their head and eyes to the right to verify their interval.
  8. The members of the fourth squad raise their left arms horizontally to the front, as in squad drill and cover on the man to their front at correct distance. Squad members of the third, second and first squads raise their left arms horizontally to the front for uniformity only, cover on the man to their front, and, at the same time, glance out of the corner of their right eye aligning on the man to their right.
  9. To resume the position of attention, the command is **RECOVER**. On the command **RECOVER**, each man sharply returns to the position of attention.
  10. **NOTE:** When the platoon is aligned in column as part of a larger unit but is not the lead platoon, the squad leaders do not raise their arms or turn their heads and eyes but cover on the squad to their front. The platoon leader must wait until the platoon leader of the platoon to his front has commanded **RECOVER** before he faces about and gives the command **COVER**.
  11. At normal cadence, this movement would look as follows: **COVER. RECOVER. AT EASE.**
  12. What are your questions pertaining to this movement when executed at normal cadence or using the talk-through method of instruction?
  13. **Demonstrators, ATTENTION.** You will now become my assistant instructors. **FALL OUT.**
- 

### STEP III

14. **FALL IN. Right, FACE.** I will use the talk-through method of instruction.

## MARCHING THE PLATOON TO THE RIGHT FLANK

### STEP I

1. **Instructional Formation, MARCH. AT EASE.** The next movement, which I will name, explain, have demonstrated, and which you will conduct practical work on, is marching the platoon to the right flank .
  2. This movement is used to change the direction of all elements of a column 90 degrees to the right flank in a uniform manner.
  3. The command for this movement is **Right Flank, MARCH.**
  4. **Right Flank, MARCH** is a two-part command, **Right Flank** is the preparatory command, and **MARCH** is the command of execution.
  5. When given, these commands are as follows: **Right Flank, MARCH.**
- 

### STEP II

6. **Demonstrators, POST.** I will use the step-by-step method of instruction.
7. **NOTE:** I have posted my demonstrators in the forward march position as this movement can only be executed while marching forward with a 30-inch step. The platoon may be marched to the flank for short distance only when marching in column.
8. The preparatory command **Right Flank** of **Right Flank, MARCH**, is given as the right foot strikes the marching surface, the command of execution **MARCH** of **Right Flank, MARCH**, is given the next time the right foot strikes the marching surface.
9. On the command of execution **STEP** of **Ready, STEP**, all members execute a 30-inch step forward with the trail foot. When that foot strikes the marching surface, they will receive the preparatory command **Right Flank** of **Right Flank, MARCH. Ready, STEP. Right, Flank.**
10. On the command of execution **STEP** of **Ready, STEP**, all members execute a 30-inch step forward with the trail foot. This being the intermediate step required between the preparatory command and the command of execution. **Ready, STEP.**
11. On the command of execution **STEP** of **Ready, STEP**, all members execute a 30-inch step forward with the trail foot. When the foot strikes the marching surface, they will receive the command of execution **MARCH** of **Right Flank, MARCH. Ready, STEP. MARCH.**
12. On the command of execution **STEP** of **Ready, STEP**, all members execute a 30-inch step forward with the trail foot, this being the additional step required after the command of execution. **Ready, STEP.**
13. On the command of execution **STEP** of **Ready, STEP**, all members will pivot 90 degrees to the right on the ball of the lead foot and step off in the new direction with the trailing foot. As the members begin to march in the new direction, they glance out of the corner of the right eye and dress to the right. **Ready, STEP.**
14. For instructional purposes, on the command of execution **STEP** of **Ready, STEP**, bring the trail foot alongside the lead foot and assume the position of attention. **Ready, STEP. RE-FORM.**

15. At normal cadence, this movement would look as follows: **Forward, MARCH. Right Flank, MARCH. Demonstrators, HALT. AT EASE.**

16. What are your questions pertaining to this movement when executed at normal Cadence or using the step-by-step method of instruction?

17. **Demonstrators, ATTENTION.** You will now become my assistant instructors. **FALL OUT.**

---

### STEP III

17. **FALL IN. Right, FACE. COVER. RECOVER.** I will use the step-by-step Method of instruction.

## MARCHING THE PLATOON TO THE LEFT FLANK

### STEP I

1. **Instructional Formation, MARCH. AT EASE.** The next movement, which I will name, explain, have demonstrated, and which you will conduct practical work on, is marching the platoon to the left flank .
  2. This movement is used to change the direction of all elements of a column 90 degrees to the left flank in a uniform manner.
  3. The command for this movement is **Left Flank, MARCH.**
  4. **Left Flank, MARCH** is a two-part command, **Left Flank** is the preparatory command, and **MARCH** is the command of execution.
  5. When given, these commands are as follows: **Left Flank, MARCH.**
- 

### STEP II

6. **Demonstrators, POST.** I will use the step-by-step method of instruction.
7. **NOTE:** I have posted my demonstrators in the forward march position as this movement can only be executed while marching forward with a 30-inch step. The platoon may be marched to the flank for short distance only when marching in column.
8. The preparatory command **Left Flank** of **Left Flank, MARCH**, is given as the left foot strikes the marching surface, the command of execution **MARCH** of **Left Flank, MARCH**, is given the next time the left foot strikes the marching surface.
9. On the command of execution **STEP** of **Ready, STEP**, all members execute a 30-inch step forward with the trail foot. When that foot strikes the marching surface, they will receive the preparatory command **Left Flank** of **Left Flank, MARCH. Ready, STEP. Left Flank.**
10. On the command of execution **STEP** of **Ready, STEP**, all members execute a 30-inch step forward with the trail foot. This being the intermediate step required between the preparatory command and the command of execution. **Ready, STEP.**
11. On the command of execution **STEP** of **Ready, STEP**, all members execute a 30-inch step forward with the trail foot. When the foot strikes the marching surface, they will receive the command of execution **MARCH** of **Left Flank, MARCH. Ready, STEP. MARCH.**
12. On the command of execution **STEP** of **Ready, STEP**, all members execute a 30-inch step forward with the trail foot, this being the additional step required after the command of execution. **Ready, STEP.**
13. On the command of execution **STEP** of **Ready, STEP**, all members will pivot 90 degrees to the left on the ball of the lead foot and step off in the new direction with the trailing foot. As the members begin to march in the new direction, they glance out of the corner of the right eye and dress to the right. **Ready, STEP.**
14. For instructional purposes, on the command of execution **STEP** of **Ready, STEP**, bring the trail foot alongside the lead foot and assume the position of attention. **Ready, STEP. RE-FORM.**

15. At normal cadence, this movement would look as follows: **Forward, MARCH. Left Flank, MARCH. Demonstrators, HALT. AT EASE.**

16. What are your questions pertaining to this movement when executed at normal Cadence or using the step-by-step method of instruction?

17. **Demonstrators, ATTENTION.** You will now become my assistant instructors. **FALL OUT.**

---

### STEP III

17. **FALL IN. Right, FACE. COVER. RECOVER.** I will use the step-by-step Method of instruction.

## CHANGE THE DIRECTION OF A COLUMN FROM THE HALT COLUMN LEFT

### STEP I

1. **Instructional Formation, MARCH. AT EASE.** The next movement, which I will name, explain, have demonstrated, and which you will conduct practical work on, is changing the direction of a column to the left, from the halt.
  2. This movement is used to change the direction of a column 90 degrees to the left, in a uniform manner.
  3. The commands for this movement are **Column Left, MARCH** and **HALT**.
  4. **Column Left, MARCH** is a two-part command, **Column Left** is the preparatory command, and **MARCH** is the command of execution. **HALT** is also a two-part command when preceded by a preparatory command, such as **Squad, Platoon,** or **Demonstrator**. I will use **Demonstrator** as the preparatory command, and **HALT** is the command of execution.
  5. When given, these commands are as follows: **Column Left, MARCH. Demonstrator, HALT.**
- 

### STEP II

6. **Demonstrators, POST.** I will use the step-by-step method of instruction.
7. The platoon changes the direction of marching basically the same as the squad. During the column movement, the base element is the squad on the flank in the direction of the turn.
8. On the command of execution **MARCH** of **Column Left, MARCH**, the base squad executes the movement as in squad drill except that the squad leader takes one 30-inch step and then takes up the half step. The squad leader will continue marching with the half step until the other squad leaders come abreast.
9. The other squad leaders, while maintaining correct offset interval, execute a 45-degree pivot to the left and continue marching in an arc. As they come on line with the base squad leader, they take up the half step. When all squad leaders are abreast, they step off with a 30-inch step without command. All other platoon members march forward on the command of execution and execute the column movement at approximately the same location as their squad leaders and in the same manner. **Column Left, MARCH.**
10. **NOTE:** When the platoon leader and platoon sergeant are marching at their post in column as part of a larger formation, they execute a column half left rather than a 90-degree column movement. After executing the column half left, they continue marching in an arc, incline as necessary, and resume their correct positions. After sensing that the squad leaders are abreast of each other, the platoon leader resumes the 30-inch step. At times, the platoon leader may find it necessary to shorten or lengthen his step in order to maintain correct distance from the unit to his front.
11. To further illustrate this movement I will command a series of steps. **Ready, STEP. Ready, STEP...**(continue until the entire platoon has executed the movement).
12. To terminate this movement, the command is **HALT**. The halt is executed in two counts basically the same as the halt from the 30-inch step. For instructional purposes, on the command

of execution **STEP** of **Ready, STEP**, bring the trail foot alongside the lead foot and assume the position of attention. **Ready, STEP. RE-FORM.**

13. At normal cadence, this movement would look as follows: **Column Left, MARCH. Demonstrators, HALT. AT EASE.**

14. What are your questions pertaining to this movement when executed at normal Cadence or using the step-by-step method of instruction?

15. **Demonstrators, ATTENTION.** You will now become my assistant instructors. **FALL OUT.**

---

### STEP III

16. **FALL IN. Right, FACE. COVER. RECOVER.** I will use the step-by-step Method of instruction.



## CHANGE THE DIRECTION OF A COLUMN FROM THE HALT COLUMN RIGHT

### STEP I

1. **Instructional Formation, MARCH. AT EASE.** The next movement, which I will name, explain, have demonstrated, and which you will conduct practical work on, is changing the direction of a column to the right, from the halt.
  2. This movement is used to change the direction of a column 90 degrees to the right, in a uniform manner.
  3. The commands for this movement are **Column Right, MARCH** and **HALT**.
  4. **Column Right, MARCH** is a two-part command, **Column Right** is the preparatory command, and **MARCH** is the command of execution. **HALT** is also a two-part command when preceded by a preparatory command, such as **Squad, Platoon, or Demonstrator**. I will use **Demonstrator** as the preparatory command, and **HALT** is the command of execution.
  5. When given, these commands are as follows: **Column Right, MARCH. Demonstrator, HALT.**
- 

### STEP II

6. **Demonstrators, POST.** I will use the step-by-step method of instruction.
7. The platoon changes the direction of marching basically the same as the squad. During the column movement, the base element is the squad on the flank in the direction of the turn.
8. On the command of execution **MARCH** of **Column Right, MARCH**, the base squad executes the movement as in squad drill except that the squad leader takes one 30-inch step and then takes up the half step. The squad leader will continue marching with the half step until the other squad leaders come abreast.
9. The other squad leaders, while maintaining correct offset interval, execute a 45-degree pivot to the right and continue marching in an arc. As they come on line with the base squad leader, they take up the half step. When all squad leaders are abreast, they step off with a 30-inch step without command. All other platoon members march forward on the command of execution and execute the column movement at approximately the same location as their squad leaders and in the same manner. **Column Right, MARCH.**
10. **NOTE:** When the platoon leader and platoon sergeant are marching at their post in column as part of a larger formation, they execute a column half right rather than a 90-degree column movement. After executing the column half right, they continue marching in an arc, incline as necessary, and resume their correct positions. After sensing that the squad leaders are abreast of each other, the platoon leader resumes the 30-inch step. At times, the platoon leader may find it necessary to shorten or lengthen his step in order to maintain correct distance from the unit to his front.
11. To further illustrate this movement I will command a series of steps. **Ready, STEP. Ready, STEP...**(continue until the entire platoon has executed the movement).
12. To terminate this movement, the command is **HALT**. The halt is executed in two counts basically the same as the halt from the 30-inch step. For instructional purposes, on the command

of execution **STEP** of **Ready, STEP**, bring the trail foot alongside the lead foot and assume the position of attention. **Ready, STEP. RE- FORM.**

13. At normal cadence, this movement would look as follows: **Column Right, MARCH. Demonstrators, HALT. AT EASE.**

14. What are your questions pertaining to this movement when executed at normal cadence or using the step-by-step method of instruction?

15. **Demonstrators, ATTENTION.** You will now become my assistant instructors. **FALL OUT.**

---

### STEP III

16. **FALL IN. Right, FACE. COVER. RECOVER.** I will use the step-by-step method of instruction.



# Modules

# PFT

# PRESENTATIONS

Abdominal Stretch	Neck and Shoulder Stretch
Upper Back Stretch	Calf Stretch
Calf Stretch Variation Toe Pull	Chest Stretch
Hip and Back Stretch Seated	Hip and Back Stretch Lying Down
Overhead Arm Pull Stretch	Groin Stretch Seated
Hamstring Stretch Seated	Groin Stretch Seated Straddle
Side Saddle Hop	Swimmer
Supine Bicycle	Squat Bender
Ski Jump	Lunger
Engine	High Jumper
Knee Bender	Cross Country Skier
Groin Stretch Standing	Hamstring Stretch Standing
Bend and Reach	Side Straddle Hop Variation
Up and Forward	Fore Up, Behind Back
Fore Up, Squat	Fore Up, Back Bend

## ABDOMINAL STRETCH

### STEP I

**Platoon, ATTENTION. AT EASE.**

1. As normally executed, the Abdominal Stretch. FOLLOW ME

2. **STRETCH RELAX, STRETCH RELAX, STRETCH RELAX**

**STRETCH RELAX, STRETCH RELAX, STRETCH RELAX**

**STRETCH RELAX, STRETCH RELAX, STRETCH RELAX**

3. Position of attention, MOVE

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### Step II

**Platoon, ATTENTION**

The Abdominal Stretch

4. I will use the talk through method of instruction to teach you this stretch.

5. The start position is standing with the feet shoulder-width apart and extend the arms up and over the head. Interlace the fingers with the palms facing upward.

6. On the command of **stretch**, stretch the arms up and slightly back. Hold this position for 10 to 15 seconds.

7. On the command **Relax**, return to the start position.

8. For greater variation, stretch to one side, then the other. Return to the start position.

9. Do this sequence two or three times At normal cadence: **Position of attention, MOVE. AT EASE**  
**Step III Platoon, ATTENTION.**

11. The Abdominal Stretch. FOLLOW ME.

12. **STRETCH RELAX, STRETCH RELAX, STRETCH RELAX**

**STRETCH RELAX STRETCH RELAX STRETCH RELAX**

**STRETCH REALX STRETCH RELAX STRETCH RELAX**

13. Position of attention, **MOVE. AT EASE**

14. What are your questions pertaining to the stretch with or without the talk-through method of instruction?

## NECK AND SHOULDER STRETCH

### Step I

Platoon. ATTENTION. AT EASE.

1. As normally executed, the Neck and Shoulder Stretch. FOLLOW ME
  2. STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX  
STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX
  3. Position of attention, MOVE.
- 

### Step II

Platoon, ATTENTION.

The Neck and Shoulder Stretch

5. I will use the talk through method of instruction to teach you this stretch.
  6. The start position is standing with the feet shoulder-width apart and the arms behind the body.
  7. On the command **STRETCH** grasp the right wrist with the left hand. Pull the left arm down and to the right. Hold this position 10 to 15 seconds.
  8. On the command **RELAX**, return to the start position.
  9. On the second command **STRETCH**, grasp the right wrist with the left hand Pull the right arm down and to the left and tilt the head to the left. Hold this position for 10 to 15 seconds.
  10. On the command **RELAX**, return to the start position.
  11. Do this sequence two or three times.
  12. At normal cadence: **Position of attention, MOVE. AT EASE**
- 

### STEP III

Platoon Attention

13. The Neck and Shoulder Stretch. FOLLOW ME.
14. STRETCH, RELAX STRETCH, RELAX STRETCH RELAX  
STRETCH, RELAX STRETCH, RELAX STRETCH RELAX
15. Position of attention , MOVE. AT EASE

16. What are your questions pertaining to this stretch with or without the talk through method of instruction?

## UPPER-BACK STRETCH

### Step I

**Platoon, ATTENTION. AT EASE.**

1. As normally executed, the Upper -Back Stretch. FOLLOW ME
  2. **STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX**
  3. **Position of attention , MOVE.**
- 

### STEP II

**Platoon, ATTENTION**

4. The Upper Back Stretch.
  5. I will use the talk through method of instruction to teach you this stretch.
  6. The start position is to stand with the arms extended to the front at shoulder level ,with the fingers interlaced, and the palms facing outward. The feet will be spread shoulder width apart.
  7. On the command **STRETCH**, extend your arms and your shoulders forward. Hold this position for 10 to  
15 seconds
  8. On the command **RELAX**, return to the start position
  9. Do this sequence two or three times
  10. At normal cadence: **Position of attention, MOVE. AT EASE.**
- 

### Step III

**Platoon, ATTENTION.**

11. The Upper-Back Stretch. FOLLOW ME.
12. **STRETCH, RELAX, STRETCH, RELAX, STRETCH, RELAX**
13. **Position of attention, Move. AT EASE**
14. What are your questions pertaining to this stretch with or without the talk-through method of instruction?

## CALF STRETCH

### STEP I

Platoon, ATTENTION. AT EASE.

1. As normally executed, the calf stretch. .FOLLOW ME
  2. STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX  
STRETCH, RELAX STRETCH, RELAX STRECH, RELAX
  3. Position of attention, MOVE.
- 

### STEP II

Platoon, ATTENTION

4. The Calf Stretch
  5. I will use the talk through method of instruction to teach you this stretch.
  6. The start position is to stand straight with feet together , arms extended downward, elbows locked, palms facing backward, fingers and thumbs extended and joined , and head and eyes facing the front.
  7. On the command **STRETCH**, move the right foot to the rear about two feet, and place the ball of the foot on the ground. Slowly pressing the heel to the ground. Slowly bend the left knee while pushing the hips forward and arching the back slightly. Hold this position 10 to 15 seconds.
  8. On the command **RELAX**, return to the start position.
  9. On the second command **STRETCH**, move the left foot to the rear about two feet, and place the ball of the foot on the ground. Slowly pressing the heel to the ground. Slowly bend the right knee while pushing the hips forward and arching the back slightly. Hold this position 10 to 15 seconds.
  10. On the command **RELAX**, return to the start position.
  11. Do this sequence two or three times.
  12. At normal cadence: Position of attention, MOVE. AT EASE.
- 

### STEP III

Platoon, ATTENTION.

13. The Calf Stretch. FOLLOW ME
14. STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX



**STRETCH, RELAX STRETCH, RELAX STRETCH,RELAX**

**15. Position of attention, MOVE. AT EASE.**

**16.** What are your questions pertaining to this stretch with or without the talk through method of instruction?

## CALF STRETCH (VARIATION: TOE PULL)

### STEP I

Platoon, ATTENTION. AT EASE.

1. As normally executed, the Calf Stretch, (Variation: Toe Pull). .FOLLOW ME
  2. **STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX, (CHANGE),**  
**STRETCH, RELAX STRETCH, RELAX STRECH, RELAX**
  3. **Position of attention, MOVE.**
- 

### STEP II

Platoon, ATTENTION

4. The Calf Stretch, (Variation: Toe Pull)
  5. I will use the talk through method of instruction to teach you this stretch.
  6. The start position is to stand with the feet shoulder width apart and the left foot slightly forward.
  7. On the command **STRETCH**, bend forward at the waist. Slightly bend the right knee, and fully extend the left leg. Reach down and pull the toes of the left foot toward the left shin. Hold this position 10 to 15 seconds.
  8. On the command **RELAX**, return to the start position.
  9. On the command **CHANGE**, move the left foot to the rear and the right foot slightly forward.
  10. On the second command **STRETCH**, bend forward at the waist. Slightly bend the left knee, and fully extend the right leg. Reach down and pull the toes of the right foot toward the right shin. Hold this position 10 to 15 seconds
  10. On the command **RELAX**, return to the start position.
  11. Do this sequence two or three times.
  12. At normal cadence: **Position of attention, MOVE. AT EASE.**
- 

### STEP III

Platoon, ATTENTION.

13. The Calf Stretch (Variation: Toe Pull). FOLLOW ME
14. **STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX (CHANGE),**

**STRETCH, RELAX STRETCH, RELAX STRETCH,RELAX**

**15. Position of attention, MOVE. AT EASE.**

**16.** What are your questions pertaining to this stretch with or without the talk through method of instruction?

## THIGH STRETCH

### STEP I

Platoon, ATTENTION. AT EASE.

1. As normally executed, the thigh stretch. .FOLLOW ME
  2. **STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX**
  3. **Position of attention, MOVE.**
- 

### STEP II

Platoon, ATTENTION.

4. The Thigh Stretch.
  5. I will use the talk through method of instruction to teach you this stretch.
  6. The start position is the position of attention.
  7. On the command of **STRETCH**, bend the left leg up toward the buttocks. Grasp the toes of the left foot with the right hand, and pull the heel to the left buttocks. Extend the left arm to the side for balance. Hold this position for 10 to 15 seconds.
  8. On the command **RELAX**, return to the start position.
  9. On the command of **STRETCH**, bend the right leg, grasp the toes of the right foot with the left hand, and pull the heel to the right buttocks. Extend the right arm for balance. Hold this position for 10 to 15 seconds.
  10. On the command **RELAX**, return to the start position.
  11. Do this sequence two or three times.
  12. **NOTE:** Variation to this stretch is to lie on the stomach.
  13. At normal cadence: **Position of attention, MOVE. ATTENTION.**
- 

### STEP III

Platoon, ATTENTION.

14. The Thigh Stretch. FOLLOW ME
15. **STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX**

**16. Position of attention, MOVE. AT EASE.**

**17.** What are your questions pertaining to this stretch with or without the talk through method of instruction?

## CHEST STRETCH

### STEP I

Platoon, ATTENTION. AT EASE.

1. As normally executed, the Chest Stretch. .FOLLOW ME
  2. **STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX**
  3. **Position of attention, MOVE.**
- 

### STEP II

Platoon, ATTENTION.

4. The Chest Stretch.
  5. I will use the talk through method of instruction to teach you this stretch. 2. The Chest Stretch.
  6. The start position is standing with fingers interlaced behind the back, with the feet spread shoulder-width apart.
  7. On the command **STRETCH**, lift the arms behind the back so that they move outward and away from the body. Lean forward from the waist. Hold this position for 10 to 15 seconds.
  8. On the command **RELAX**, bend the knees before moving to the upright position. Return to the start position.
  9. Do this sequence two or three times.
  10. At normal cadence: **Position of attention, MOVE. AT EASE.**
- 

### STEP III

Platoon, ATTENTION.

11. The Chest Stretch. FOLLOW ME
12. **STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX**
13. **Position of attention, MOVE. AT EASE.**
14. What are your questions pertaining to this stretch with or without the talk through method of instruction?

## HIP AND BACK STRETCH (SEATED)

### Step I

Platoon, ATTENTION. AT EASE.

1. As normally executed, the Hip and Back Stretch (seated). .FOLLOW ME
  2. STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX, (CHANGE),  
STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX
  3. Position of attention, MOVE.
- 

### Step II

Platoon, ATTENTION.

4. The Hip and Back Stretch (seated).
  5. I will use the talk through method of instruction to teach you this stretch. 2. The Chest Stretch.
  6. The start position is sitting on the ground with the right leg forward and straight. Cross the left leg over the right while sitting erect. Keep the heels of both feet in contact with the ground.
  7. On the command of **STRETCH**, slowly rotate the upper body to the left and look over the left shoulder. Reach across the left leg with the right arm, and push the left leg to your right. Use the left hand for support by placing it on the ground. Hold this position for 10 to 15 seconds.
  8. On the command **RELAX**, return to the start position.
  9. On the command **CHANGE**, keep the left leg forward and straight. Cross the right leg over the left while sitting erect. Keep the heels of both feet in contact with the ground.
  10. On the second command of **STRETCH**, slowly rotate the upper body to the right and look over the right shoulder. Reach across the right leg with the left arm, and push the right leg to your left. Use the right hand for support by placing it on the ground. Hold this position for 10 to 15 seconds.
  11. On the command **RELAX**, return to the start position.
  9. Do this sequence two or three times.
  10. At normal cadence: Position of attention, MOVE. AT EASE.
- 

### STEP III

Platoon, ATTENTION.

11. The Hip and Back Stretch (seated). FOLLOW ME

12. STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX, (CHANGE),

STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX

13. Position of attention, MOVE. AT EASE.

14. What are your questions pertaining to this stretch with or without the talk through method of instruction?



## HIP AND BACK STRETCH (LYING DOWN)

### STEP I

Platoon, ATTENTION. AT EASE.

1. As normally executed, the Hip and Back Stretch (lying down). .FOLLOW ME
  2. STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX  
STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX  
STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX
  3. Position of attention, MOVE.
- 

### STEP II

Platoon, ATTENTION.

4. The Hip and Back Stretch (lying down).
  5. I will use the talk through method of instruction to teach you this stretch.
  6. The start position is to lie on the back with the arms straight beside the body. Keep the legs straight and the knees and feet together.
  7. On the command of **STRETCH**, bring the left leg straight back toward the head, leaving the right leg in the start position. Bring the head and arms up. Grab the bent left leg below the knee and pull it gradually to the chest. Hold this position for 10 to 15 seconds.
  8. On the command **RELAX**, gradually return to the start position.
  9. On the second command of **STRETCH**, bring the right leg straight back toward the head, leaving the left leg in the start position. Bring the head and arms up. Grab the bent right leg below the knee and pull it gradually to the chest. Hold this position for 10 to 15 seconds.
  10. On the command **RELAX**, gradually return to the start position.
  11. On the third command of **STRETCH**, bring the legs straight back toward the head one at a time. Bring the head and arms up. Grab the bent legs below the knees and gradually pull the head up to the knees. Hold this position for 10 to 15 seconds.
  12. On the command **RELAX**, gradually return to the start position by lowering the legs one at a time.
  13. Do this sequence two or three times.
  14. At normal cadence: **Position of attention, MOVE. AT EASE.**
-

### **STEP III**

**Platoon, ATTENTION.**

15. The Hip and Back Stretch (lying down). FOLLOW ME

16. **STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX**

**STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX**

**STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX**

17. **Position of attention, MOVE. AT EASE.**

18. What are your questions pertaining to this stretch with or without the talk through method of instruction?

## OVERHEAD ARM PULL

### STEP I

Platoon, ATTENTION. AT EASE.

1. As normally executed, the Overhead Arm Pull. FOLLOW ME
  2. **STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX, (CHANGE),**  
**STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX**
  3. **Position of attention, MOVE. AT EASE.**
- 

### STEP II

Platoon, ATTENTION.

4. The Overhead Arm Pull.
  5. I will use the talk through method of instruction to teach you this stretch.
  6. The start position, stand with the feet shoulder width apart. Raise the right arm, bending the right elbow and touching the right hand to the back of the neck. With the left hand, grab the right elbow.
  7. On the command of **STRETCH**, pull to the left. Hold this position for 10 to 15 seconds.
  8. On the command **RELAX**, return to the start position.
  9. On the next command of **CHANGE**, raise the left arm, bending the left elbow and touching the left hand to the back of the neck. With the right hand, grab the left elbow.
  10. On the command of **STRETCH**, pull to the right. Hold this position for 10 to 15 seconds.
  11. On the command **RELAX**, return to the start position.
  12. Do this sequence two or three times.
  13. At normal cadence: **Position of attention, MOVE. ATTENTION. AT EASE.**
- 

### STEP III

Platoon, ATTENTION.

14. The Over Head Arm Pull. FOLLOW ME
15. **STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX, (CHANGE)**

**STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX**

**16. Position of attention, MOVE. AT EASE.**

**17. What are your questions pertaining to this stretch with or without the talk through method of instruction?**

## GROIN STRETCH (SEATED)

### STEP I

**Platoon, ATTENTION. AT EASE.**

1. As normally executed, the Groin Stretch (Seated). FOLLOW ME
  2. **STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX**
  3. **Position of attention, MOVE. AT EASE.**
- 

### STEP II

**Platoon, ATTENTION.**

4. The Groin Stretch (Seated).
  5. I will use the talk through method of instruction to teach you this stretch.
  6. The start position is to sit on the ground with the soles together. Place the hands on or near the feet.
  7. On the command of **STRETCH**, bend forward from the hips, keeping the head up. Hold this position for 10 to 15 seconds.
  8. On the command **RELAX**, return to the start position.
  9. Do this sequence two or three times.
  10. At normal cadence: **Position of attention, MOVE. ATTENTION. AT EASE.**
- 

### STEP III

**Platoon, ATTENTION.**

11. The Groin Stretch (Seated). FOLLOW ME
12. **STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX**
13. **Position of attention, MOVE. AT EASE.**
14. What are your questions pertaining to this stretch with or without the talk through method of instruction?

## HAMSTRING STRETCH (SEATED)

### STEP I

Platoon, ATTENTION. AT EASE.

1. As normally executed, the Hamstring Stretch (Seated). FOLLOW ME
  2. **STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX**
  3. **Position of attention, MOVE. AT EASE.**
- 

### STEP II

Platoon, ATTENTION.

4. The Hamstring Stretch (Seated).
  5. I will use the talk through method of instruction to teach you this stretch.
  6. The start position is sitting on the ground with legs straight and extended forward, with the feet upright about six inches apart. Put the hands on the ankles or toes.
  7. On the command of **STRETCH**, bend from the hips, keeping the back and the head in a comfortable straight line. Hold this position for 10 to 15 seconds.
  8. On the command **RELAX**, return to the start position.
  9. **NOTE:** A variation for greater stretch: Stretch and pull back on the toes.
  10. Do this sequence two or three times.
  11. At normal cadence: **Position of attention, MOVE. ATTENTION. AT EASE.**
- 

### STEP III

Platoon, ATTENTION.

12. The Hamstring Stretch (Seated). FOLLOW ME
13. **STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX**
14. **Position of attention, MOVE. AT EASE.**
15. What are your questions pertaining to this stretch with or without the talk through method of instruction?

## GROIN STRETCH (SEATED STRADDLE)

### STEP I

Platoon, ATTENTION. AT EASE.

1. As normally executed, the Groin Stretch (seated straddle). FOLLOW ME
  2. STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX,  
STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX
  3. Position of attention, MOVE. AT EASE.
- 

### STEP II

Platoon, ATTENTION.

4. The Groin Stretch (seated straddle).
  5. I will use the talk through method of instruction to teach you this stretch.
  6. The start position is sitting on the ground with the legs straight and spread as far apart as possible.
  7. On the command of **STRETCH**, bend forward at the hips, keep the head up, and reach toward the feet. Hold this position for 10 to 15 seconds.
  8. On the command **RELAX**, return to the start position.
  9. **NOTE:** A variation of this stretch is to stretch to one side while trying to touch the toes. Next, stretch to the other side.
  10. Do this sequence two or three times.
  11. At normal cadence: Position of attention, MOVE. ATTENTION. AT EASE.
- 

### STEP III

Platoon, ATTENTION.

12. The Groin Stretch (seated straddle). FOLLOW ME
13. STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX  
STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX
14. Position of attention, MOVE. AT EASE.

15. What are your questions pertaining to this stretch with or without the talk through method of instruction?



## SIDE STRADDLE HOP

### STEP I

**Platoon, ATTENTION. AT EASE**

1. The Side Straddle Hop is a four-count exercise done at a moderate cadence.
  2. At normal cadence, this exercise will look as follows.
  3. The Side Straddle Hop, **Start position, MOVE.**
  4. In Cadence, EXERCISE.
  5. 1-2-3-1, 1-2-3-2, 1-2-3-HALT.
  6. **Position of attention, MOVE.**
- 

### STEP II

**Platoon, ATTENTION.**

7. The Side Straddle Hop.
  8. I will explain the start position to you.
  9. The start position is the position of attention.
  10. **Start position, MOVE.**
  11. By-the-numbers.
  12. On count one, jump slightly into the air while moving the legs more than shoulder-width apart, swinging the arms sideward and upward to an overhead position, and clapping the hands. **READY, ONE.**
  13. On count two, jump slightly into the air while swinging the arms sideward and downward and resume the start position. **READY, TWO.**
  14. On count three, repeat action of count one. **Ready, THREE.**
  15. On count four, repeat action of count two. **Ready, FOUR.**
  16. Without the numbers. **Position of attention, MOVE. AT EASE.**
- 

### STEP III

**Platoon, ATTENTION.**

17. At Normal Cadence. The Side Straddle Hop.

18. **Start position, MOVE.**

19. In Cadence, EXERCISE.

20. 1-2-3, 1-2-3, 1-2-3, 1-2-3, 1-2-3- HALT.

21. **Position of attention, MOVE. AT EASE.**

22. What are your questions pertaining to this exercise with or without the by-the numbers method of instruction.

## SWIMMER

### STEP I

**Platoon, ATTENTION. AT EASE**

1. The Swimmer is a four-count exercise done at a moderate cadence.
  2. At normal cadence, this exercise will look as follows.
  3. The Swimmer, **Start position, MOVE.**
  4. In Cadence, EXERCISE.
  5. 1-2-3-1, 1-2-3-2, 1-2-3-HALT.
  6. **Position of attention, MOVE.**
- 

### STEP II

**Platoon, ATTENTION.**

7. The Swimmer.
  8. I will explain the start position to you.
  9. On the command of execution **MOVE**, of **Start position, MOVE**, lie prone with feet together and with the arms together and extended forward in front of the body. Keep the arms and legs straight at all times during the exercise.
  10. **Start Position, MOVE.**
  11. By-the-numbers.
  12. On count one, move the right arm and left leg up. **Ready, ONE.**
  13. On count two, return to the start position. **Ready, TWO.**
  14. On count three, move the left arm and right leg up. **Ready, THREE.**
  15. On count four, return to the start position. **Ready, FOUR.**
  16. Without the numbers. **Position of attention, MOVE. AT EASE.**
- 

### STEP III

**Platoon, ATTENTION.**

17. At Normal Cadence. The Swimmer.

18. **Start position, MOVE.**

19. In Cadence, EXERCISE.

20. 1-2-3, 1-2-3, 1-2-3, 1-2-3, 1-2-3- HALT.

21. **Position of attention, MOVE. AT EASE.**

22. What are your questions pertaining to this exercise with or without the by-the numbers method of instruction.

## SUPINE BICYCLE

### STEP I

**Platoon, ATTENTION. AT EASE**

1. The Supine Bicycle is a four-count exercise done at a slow cadence.
  2. At normal cadence, this exercise will look as follows.
  3. The Supine Bicycle, **Start position, MOVE.**
  4. In Cadence, EXERCISE.
  5. 1-2-3-1, 1-2-3-2, 1-2-3-HALT.
  6. **Position of attention, MOVE.**
- 

### STEP II

**Platoon, ATTENTION.**

7. The Supine Bicycle.
  8. I will explain the start position to you.
  9. On the command of execution **MOVE**, of **Start position, MOVE**, assume a supine position with the hips and knees flexed. Place the palms directly on top of the head with the fingers interlaced.
  10. **Start position, MOVE.**
  11. By-the-numbers.
  12. On count one, bring the left knee upward while curling the trunk upward, and touching the right elbow to the left knee. **Ready, ONE.**
  13. On count two, bring the right knee upward while curling the trunk upward, and touching the left elbow to the right knee. **Ready, TWO.**
  14. On count three, repeat action of count one. **Ready, THREE.**
  15. On count four, repeat action of count two. **Ready, FOUR.**
  16. **NOTE:** On the last repetition, return to the start position.
  17. Without the numbers. **Position of attention, MOVE. AT EASE.**
- 

### STEP III

**Platoon, ATTENTION.**

18. At Normal Cadence. The Supine Bicycle.

19. **Start position, MOVE.**

20. In Cadence, EXERCISE.

21. 1-2-3-1, 1 2-3-2, 1-2-3-3, 1-2-3-4, 1-2-3- HALT.

22. **Position of attention, MOVE. AT EASE.**

23. What are your questions pertaining to this exercise with or without the by-the numbers method of instruction?

## SQUAT BENDER

### STEP I

Platoon, ATTENTION. AT EASE.

1. The Squat Bender is a four-count exercise done at a moderate cadence.
  2. At normal cadence, this exercise will look as follows.
  3. The Squat Bender. **Start position, MOVE.**
  4. In Cadence, EXERCISE.
  5. 1-2-3-1, 1-2-3-2, 1-2-3-HALT.
  6. **Position of attention, MOVE.**
- 

### STEP II

Platoon, ATTENTION.

7. The Squat Bender.
  8. I will explain the start position to you.
  9. On the command of execution **MOVE**, of **Start position, MOVE**, stand with the feet shoulder-width apart, hands on hips with the thumbs in the small of the back, and the elbows back.
  10. **Start position, MOVE.**
  11. By-the-numbers.
  12. On count one, bending the knees, lower yourself to a half-squat position while maintaining balance on the balls of the feet. With the trunk inclined slightly forward, thrust the arms forward to shoulder level with the elbows locked and the palms facing down, fingers and thumb extended and joined. **Ready, ONE.**
  13. On count two, recover to the start position. **Ready, TWO.**
  14. On count three, keeping the knees slightly bent, bend forward at the waist, touching the ground in front of the toes. **Ready, THREE.**
  15. On count four, recover to the start position. **Ready, FOUR.**
  16. Without the numbers. **Position of attention, MOVE.**
- 

### STEP III

Platoon, ATTENTION.

17. At Normal Cadence. The Squat Bender.

18. **Start position, MOVE.**

19. In Cadence, EXERCISE.

20. 1-2-3, 1-2-3, 1-2-3, 1-2-3, 1-2-3- HALT.

21. **Position of attention, MOVE. AT EASE.**

22. What are your questions pertaining to this exercise with or without the by-the numbers method of instruction?



## SKI JUMP

### STEP I

Platoon, ATTENTION. AT EASE.

1. The Ski Jump is a four-count exercise done at a moderate cadence.
  2. At normal cadence, this exercise will look as follows.
  3. The Ski Jump. **Start position, MOVE.**
  4. In Cadence, EXERCISE.
  5. 1-2-3-1, 1-2-3-2, 1-2-3-HALT.
  6. **Position of attention, MOVE.**
- 

### STEP II

Platoon, ATTENTION.

7. The Ski Jump.
  8. I will explain the start position to you.
  9. On the command of execution **MOVE**, of **Start position , MOVE**, stand with feet together, the hands placed behind the head with the fingers interlaced.
  10. **Start position, MOVE.**
  11. By-the-numbers.
  12. On count one, keeping the feet together, jump sideways to the left. **Ready, ONE.**
  13. On count two, keeping the feet together, jump sideways to the right. **Ready, TWO.**
  14. On count three, repeat the actions of count one. **Ready, THREE.**
  15. On count four, repeat the actions of count two. **Ready, FOUR.**
  16. With out the numbers. **Position of attention, MOVE.**
- 

### STEP III

Platoon, ATTENTION.

17. At Normal Cadence. The Ski Jump.

18. **Start position, MOVE.**

19. In Cadence, EXERCISE.

20. 1-2-3, 1-2-3, 1-2-3, 1-2-3, 1-2-3- HALT.

21. **Position of attention, MOVE. AT EASE.**

22. What are your questions pertaining to this exercise with or without the by-the numbers method of instruction?

## LUNGER

### STEP I

**Platoon, ATTENTION. AT EASE.**

1. The Lunger is an eight-count exercise done at a moderate cadence.
  2. At normal cadence, this exercise will look as follows.
  3. The Lunger. **Start position, MOVE.**
  4. In Cadence, EXERCISE.
  5. 1-2-3-4-5-6-7-1, 1-2-3-4-5-6-7-2, 1-2-3-4-5-6-7-HALT.
  6. **Position of attention, MOVE**
- 

### STEP II

**Platoon, ATTENTION.**

7. The Lunger.
8. I will explain the start position to you.
9. The start position is the position of attention.
10. **Start position, MOVE.**
11. By-the-numbers.
12. On count one, lunge diagonally forward to the left by stepping in that direction with the left foot, placing the left knee over the left foot. At the same time, place the arms sideward at shoulder level, the palms up, and the head and shoulders squarely to the front. **Ready, ONE.**
13. On count two, bend slowly forward and downward over the left thigh, and wrap the arms around the thigh, hands grasping the opposite arms above the elbows. **Ready, TWO.**
14. On count three, return to the position of count one. **Ready, THREE.**
15. On count four, return to the start position. **Ready, FOUR.**
16. On count five, lunge diagonally forward to the right by stepping in that direction with the right foot, placing the right knee over the right foot. At the same time, place the arms sideward at shoulder level, the palms up, and the head and shoulders squarely to the front. **Ready, FIVE.**
17. On count six, bend slowly forward and downward over the right thigh, and wrap the arms around the thigh, hands grasping the opposite arms above the elbows. **Ready, SIX.**
18. On count seven, return to the position of count five. **Ready, SEVEN.**
19. On count four, return to the start position. **Ready, EIGHT.**

20. Without the numbers. **Position of attention, MOVE. ATEASE.**

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### **STEP III**

**Platoon, ATTENTION.**

21. At Normal Cadence. The Lunger.

22. In Cadence, EXERCISE.

23. 1-2-3-4-5-6-7-1, 1-2-3-4-5-6-7-2, 1-2-3-4-5-6-7-3, 1-2-3-4-5-6-7-4, 1-2-3-4-5-6-7- HALT.

24. **Position of attention, MOVE. AT EASE.**

25. What are your questions pertaining to this exercise with or without the by-the numbers method of instruction?

## ENGINE

### STEP I

Platoon, ATTENTION. AT EASE.

1. The Engine is a four-count exercise done at a moderate cadence.
  2. At normal cadence, this exercise will look as follows:
  3. The Engine. **Start position, MOVE.**
  4. In Cadence, EXERCISE.
  5. 1-2-3-1, 1-2-3-2, 1-2-3-HALT.
  6. **Position of attention, MOVE.**
- 

### STEP II

Platoon, ATTENTION.

7. The Engine.
  8. I will explain the start position to you.
  9. On the command of execution **MOVE** of **Start position, MOVE**, stand with the arms straight and in front of the body. The arms should be parallel to the ground with the palms facing downward.
  10. **Start Position, MOVE.**
  11. By-the-numbers.
  12. On count one, bring the left knee upward to the left elbow. **Ready, ONE.**
  13. On count two, return to the start position. **Ready, TWO.**
  14. On count three, touch the right knee to the right elbow. **Ready, THREE.**
  15. On count four, return to the start position. **Ready, FOUR.**
  16. **NOTE:** Be sure to keep the arms parallel to the ground throughout the entire exercise.
  17. Without the numbers. **Position of attention, MOVE. AT EASE.**
- 

### STEP III

Platoon, ATTENTION.

18. At Normal Cadence.

19. The Engine.

20. **Start position, MOVE.**

21. In Cadence, EXERCISE

22. 1-2-3-1, 1-2-3-2, 1-2-3-3, 1-2-3-4, 1-2-3-5-HALT.

23. **Position of attention, MOVE. AT EASE.**

24. What are your questions pertaining to this exercise with or without the by-the-numbers method of instruction?

## HIGH JUMPER

### STEP I

**Platoon, ATTENTION. AT EASE.**

1. The High Jumper is a four-count exercise done at a moderate cadence.
  2. At normal cadence, this exercise will look as follows.
  3. The High Jumper.
  4. **Start position, MOVE.**
  5. In Cadence, EXERCISE.
  6. 1-2-3, 1-2-3, 1-2-3-HALT.
  7. **Position of attention, MOVE.**
- 

### STEP II

**Platoon, ATTENTION.**

8. The High Jumper.
9. I will explain the start position to you.
10. On the command of execution **MOVE**, of **Start position, MOVE**, place the feet about shoulder-width apart with the knees flexed. Bend forward at the waist, aligning the arms with the trunk and hips.  
  
Keep the arms straight at all times during the exercise. Keep the palms facing each other with the head and eyes initially to the front.
11. **Start position, MOVE.**
12. By-the-numbers.
13. On count one, jump up slightly, swinging the arms forward and up to shoulder level. **Ready, ONE.**
14. On count two, jump up slightly and swing the arms down and back; return to the start position. **Ready, TWO.**
15. On count three, leap up vigorously, swinging the arms forward and up to an overhead position. Look skyward briefly. On returning to the ground, flex the knees and return the head and eyes to the front. **Ready, THREE.**
16. On count four, repeat action of count two. **Ready, FOUR.**
17. Without the numbers. **Position of attention, MOVE. AT EASE.**

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### STEP III

**Platoon, ATTENTION.**

18. At Normal Cadence. The High Jumper.

19. **Start position, MOVE.**

20. In Cadence, EXERCISE.

21. 1-2-3, 1-2-3, 1-2-3, 1-2-3, 1-2-3-HALT.

22. **Position of attention, MOVE. AT EASE.**

23. What are your questions pertaining to this exercise with or without the by-the-numbers method of instruction?



## KNEE BENDER

### STEP I

**Platoon, ATTENTION. AT EASE.**

1. The Knee Bender is a four-count exercise done at a moderate cadence.
  2. At normal cadence, this exercise will look as follows.
  3. The Knee Bender.
  4. **Start position, MOVE.**
  5. In Cadence, EXERCISE.
  6. 1-2-3-1, 1-2-3-2, 1-2-3-HALT.
  7. **Position of attention, MOVE.**
- 

### STEP II

**Platoon, ATTENTION.**

8. The Knee Bender.
  9. I will explain the start position to you.
  10. On the command of execution **MOVE**, of **Start position, MOVE**, stand with the feet shoulder width apart, hands on the hips, the thumbs in the small of the back, and elbows back.
  11. **Start position, MOVE.**
  12. By-the-numbers.
  13. On count one, bend at the knees, lean slightly forward at the waist with the head up, and slide the hands along the outside of the legs until the extended fingers reach the top of the boots or the middle of the lower leg. (At no time should the angle between the calf and the upper leg be less than 90 degrees). **Ready, ONE.**
  14. On count two, recover to the start position. **Ready, TWO.**
  15. On count three, repeat action of count one. **Ready, THREE.**
  16. On count four, repeat action of count two. **Ready, FOUR.**
  17. Without the numbers. **Position of attention, MOVE.**
- 

### STEP III

**Platoon, ATTENTION.**

18. At Normal Cadence.

19. The Knee Bender.

20. **Start position, MOVE.**

21. In Cadence, EXERCISE.

22. 1-2-3, 1-2-3, 1-2-3, 1-2-3, 1-2-3-HALT.

23. **Position of attention, MOVE. AT EASE.**

24. What are your questions pertaining to this exercise with or without the by-the-numbers method of instruction?

## CROSS-COUNTRY SKIER

### STEP I

**Platoon, ATTENTION. AT EASE.**

1. The Cross-Country Skier is a four-count exercise done at a moderate cadence.
  2. At normal cadence, this exercise will look as follows.
  3. The Cross-Country Skier.
  4. In Cadence, EXERCISE.
  5. 1-2-3-1, 1-2-3-2, 1-2-3-HALT.
  6. **Position of attention, MOVE.**
- 

### STEP II

**Platoon, ATTENTION.**

7. The Cross-Country Skier.
  8. I will explain the start position to you.
  9. The start position is the position of attention.
  10. **Start position, MOVE.**
  11. By-the-numbers.
  12. On count one, jump slightly into the air, and move the left foot forward and the right foot backward, landing with both knees slightly bent. Simultaneously, move the right arm upward and forward to shoulder level and the left arm back as far as possible, throughout this exercise keep the arms straight and the palms facing each other. **Ready, ONE.**
  13. On count two, jump slightly into the air, and move the right foot forward and the left foot backward. Simultaneously, move the left arm upward and forward to shoulder level and the right arm back as far as possible. **Ready, TWO.**
  14. On count three, repeat the action of count one. **Ready, THREE.**
  15. On count four, repeat the action of count two. **Ready, FOUR.**
  16. **NOTE:** On the last repetition return to the start position.
  17. Without the numbers. **Position of attention, MOVE. AT EASE.**
- 

### STEP III

**Platoon, ATTENTION.**

18. At Normal Cadence.

19. The Cross-Country Skier.

20. In Cadence, EXERCISE.

21. 1-2-3, 1-2-3, 1-2-3, 1-2-3, 1-2-3-HALT.

22. **Position of attention, MOVE. AT EASE.**

23. What are your questions pertaining to this exercise with or without the by-the-numbers method of instruction?

## GROIN STRETCH (STANDING)

### STEP I

Platoon, ATTENTION. AT EASE.

1. As normally executed, the Groin Stretch (standing). .FOLLOW ME
  2. STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX, (CHANGE)  
STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX
  3. Position of attention, MOVE.
- 

### STEP II

Platoon, ATTENTION.

4. The Groin stretch (standing).
  5. I will use the talk through method of instruction to teach you this stretch.
  6. The start position is lunge slowly to the left while keeping the right leg straight, the right foot facing straight ahead and entirely on the ground.
  7. On the command of **STRETCH**, you will lean over the left leg while stretching the right groin muscles. Hold this position for 10 to 15 seconds.
  8. On the command of **CHANGE**, lunge slowly to the right while keeping the left leg straight, the left foot facing straight ahead and entirely on the ground.
  9. On the command **RELAX**, return to the start position.
  10. On the command of **STRETCH**, you will lean over the right leg while stretching the left groin muscles. Hold this position for 10 to 15 seconds.
  11. On the command **RELAX**, return to the start position.
  12. Do this sequence two or three times.
  13. At normal cadence: **Position of attention, MOVE. AT EASE.**
- 

### STEP III

Platoon, ATTENTION.

14. The Groin stretch (standing). FOLLOW ME
15. STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX, (CHANGE),

**STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX**

**16. Position of attention, MOVE. AT EASE.**

17. What are your questions pertaining to this stretch with or without the talk through method of instruction?

## HAMSTRING STRETCH (STANDING)

### STEP I

Platoon, ATTENTION. AT EASE.

1. As normally executed, the Hamstring Stretch (standing). FOLLOW ME
  2. STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX
  3. Position of attention, MOVE.
- 

### STEP II

Platoon, ATTENTION.

4. The Hamstring stretch (standing).
  5. I will use the talk through method of instruction to teach you this stretch.
  6. The start position is standing with feet together, knees slightly bent. Place hands on hips.
  7. On the command of **STRETCH**, slowly bend forward keeping the head up and reach toward the toes. Straighten the legs. Hold this position for 10 to 15 seconds.
  8. On the command **RELAX**, return to the start position.
  10. Do this sequence two or three times.
  11. At normal cadence: **Position of attention, MOVE. AT EASE.**
- 

### STEP III

Platoon, ATTENTION.

12. The Hamstring stretch (standing). FOLLOW ME
13. STRETCH, RELAX STRETCH, RELAX STRETCH, RELAX
14. Position of attention, MOVE. AT EASE.
15. What are your questions pertaining to this stretch with or without the talk through method of instruction?

## **BEND AND REACH**

### **STEP I**

**PLATOON, ATTENTION. AT EASE.**

1. The Bend and Reach is a four-count exercise done at a slow cadence.
  2. At normal cadence, this exercise will look as follows.
  3. The Bend and Reach. **Start Position, MOVE.**
  4. In Cadence, Exercise.
  5. 1-2-3-1, 1-2-3-2, 1-2-3-HALT.
  6. **Position of attention, Move.**
- 

### **STEP II**

**Platoon, Attention.**

7. The Bend and Reach.
  8. I will explain the start position to you.
  9. On the command of execution **Move**, of **Start position, Move**, stand in a wide, side-straddle position with the palms facing each other and the arms overhead and straight.
  10. **Start position, Move.**
  11. By-the-numbers.
  12. On count one, bend at the knees and waist. Slowly bring the arms down, and reach between the legs as far as possible. Make sure the angle formed by the upper and lower leg is never less than 90 degrees. **Ready, ONE.**
  13. On count two, recover slowly to the start position. **Ready, TWO.**
  14. On count three, repeat the action of count one. **Ready, THREE.**
  15. On count four, repeat the action of count two. **Ready, FOUR.**
  16. Without the numbers. **Position of attention, MOVE. AT EASE.**
- 

### **STEP III**

**Platoon, ATTENTION.**



17. At Normal Cadence.

18. The Bend and Reach.

19. **Start position, MOVE.**

20. In Cadence, EXERCISE.

21. 1-2-3, 1-2-3, 1-2-3, 1-2-3, 1-2-3-HALT.

22. **Position of attention, MOVE. AT EASE.**

23. What are your questions pertaining to this exercise with or without the by-the-numbers method of instruction?

## SIDE STRADDLE HOP (VARIATION)

### STEP I

**Platoon, ATTENTION. AT EASE**

1. The Side Straddle Hop (Variation) is a four-count exercise done at a moderate cadence.
  2. At normal cadence, this exercise will look as follows.
  3. The Side Straddle Hop, (Variation) **Start position, MOVE.**
  4. In Cadence, EXERCISE.
  5. 1-2-3-1, 1-2-3-2, 1-2-3-HALT.
  6. **Position of attention, MOVE.**
- 

### STEP II

**Platoon, ATTENTION.**

7. The Side Straddle Hop, (Variation).
  8. I will explain the start position to you.
  9. The start position is the position of attention.
  10. **Start position, MOVE.**
  11. By-the-numbers.
  12. On count one, jump slightly, moving the left leg forward and the right leg backward, swinging the arms sideward and upward to an overhead position, clapping the hands. **Ready, ONE.**
  13. On count two, jump slightly, swinging the arms sideward and downward and resume the start position. **Ready, TWO.**
  14. On count three, repeat the jumping and arm movements of count one while moving the right leg forward and the left leg backward. **Ready, THREE.**
  15. On count four, repeat action of count two. **Ready, FOUR.**
  16. Without the numbers. **Position of attention, MOVE. AT EASE.**
- 

### STEP III

**Platoon, ATTENTION.**

17. At Normal Cadence. The Side Straddle Hop (variation).

18. **Start position, MOVE.**

19. In Cadence, EXERCISE.

20. 1-2-3, 1-2-3, 1-2-3, 1-2-3, 1-2-3- HALT.

21. **Position of attention, MOVE. AT EASE.**

22. What are your questions pertaining to this exercise with or without the by-the numbers method of instruction.

## UP AND FORWARD

### STEP I

**Platoon, ATTENTION. AT EASE.**

1. The Up and Forward is a four count exercise done at a fast cadence.
  2. At normal cadence, this exercise looks as follows.
  3. The Up and Forward.
  4. **Start position, MOVE.**
  5. In Cadence, EXERCISE.
  6. 1-2-3-1, 1-2-3-2, 1-2-3-HALT
  7. **Position of attention, MOVE.**
- 

### STEP II

**Platoon, ATTENTION**

8. The Up and Forward
  9. I will explain the start position to you.
  10. On the command of execution **MOVE** of **Start position, MOVE**, grasp the barrel of the rifle with the right hand, raise the rifle diagonally across the body, simultaneously with the left hand grasp the handguard just above the sling. Release the grasp of the right hand and regrasp the rifle at the small of the stock. Lower the rifle to a horizontal position and with the left hand grasp the handguard near the upper sling swivel. The elbows are locked, and the feet remain as in the position of attention.
  11. **Start position, MOVE.**
  12. By-the-numbers.
  13. On count one, swing the arms forward and upward to an overhead position. **Ready, ONE.**
  14. On count two, swing the arms forward to shoulder level. **Ready, TWO.**
  15. On count three, repeat the action of count one. **Ready, THREE.**
  16. On count four return to the start position. **Ready, FOUR.**
  17. Without the numbers. **Position of attention, MOVE. AT EASE.**
- 

### STEP III

**Platoon, ATTENTION.**

18. At normal Cadence.

19. The Up and Forward.

20. **Start position, MOVE.**

21. In cadence, EXERCISE.

22. 1-2-3-1, 1-2-3-2, 1-2-3-3, 1-2-3-4, 1-2-3-HALT.

23. **Position of attention, MOVE. AT EASE.**

24. What are your questions pertaining to this exercise with or without the by-the-numbers method of instruction?

## FORE-UP, BEHIND BACK

### STEP I

**Platoon, ATTENTION. AT EASE.**

1. The Fore-Up, Behind Back is a four count exercise done a moderate cadence.
  2. At normal cadence this exercise will look as follows.
  3. The Fore-Up, Behind Back.
  4. In Cadence, EXERCISE.
  5. 1-2-3-1, 1-2-3-2, 1-2-3-HALT.
  6. **Position of attention, MOVE.**
- 

### STEP II

**Platoon, ATTENTION.**

7. The Fore-Up, Behind Back
  8. I will explain the start position to you.
  9. On the command of execution **MOVE** of **Start position, MOVE**, execute as previously taught.
  10. **Start position, MOVE.**
  11. By-the numbers.
  12. On count one, swing the arms forward and upward to an overhead position. You will exhale during this count. **Ready, ONE.**
  13. On count two, lower the rifle to back of shoulder. You will inhale during this count. **Ready, TWO.**
  14. On count three, repeat the action of count one. **Ready, THREE.**
  15. On count four, return to the start position. **Ready, FOUR.**
  16. Without the numbers. **Position of attention, MOVE. AT EASE.**
- 

### STEP III

**Platoon, ATTENTION.**

17. At Normal Cadence.
18. The Fore-Up, Behind Back.

19. **Start position, MOVE.**

20. In Cadence, EXERCISE.

21. 1-2-3-1, 1-2-3-2, 1-2-3-3, 1-2-3-4, 1-2-3-HALT.

22. **Position of attention, MOVE. AT EASE.**

23. What are your questions pertaining to this exercise with or without the by-the-numbers method of instruction?

## FORE-UP, SQUAT

### STEP I

**Platoon, ATTENTION. AT EASE.**

1. The Fore-Up, Squat is a four count exercise done at a moderate cadence.
  2. At normal cadence, this exercise will look as follows.
  3. The Fore-Up, Squat.
  4. **Start position, MOVE.**
  5. In Cadence, EXERCISE.
  6. 1-2-3-1, 1-2-3-2, 1-2-3-HALT.
  7. **Position of attention, MOVE.**
- 

### STEP II

**Platoon, ATTENTION.**

8. The Fore-Up, Squat.
  9. I will explain the start position to you.
  10. On the command of execution **MOVE** of **Start position, MOVE**, execute as previously taught, except the feet are approximately shoulder width apart.
  11. **Start position, MOVE.**
  12. By-the-numbers.
  13. On count one, swing the arms upward and forward to an overhead position. **Ready, ONE.**
  14. On count two, swing the arms down to shoulder level, and assume a half knee bend position. **Ready, TWO.**
  15. On count three, repeat the action of count one. **Ready, THREE.**
  16. On count four, return to the start position. **Ready, FOUR.**
  17. Without the numbers. **Position of attention, MOVE. AT EASE.**
- 

### STEP III

**Platoon, ATTENTION.**

18. At Normal Cadence.



19. The Fore-Up, Squat.

20. **Start position, MOVE.**

21. In Cadence, EXERCISE.

22. 1-2-3-1, 1-2-3-2, 1-2-3-3, 1-2-3-4, 1-2-3-HALT.

23. **Position of attention, MOVE. AT EASE.**

24. What are your questions pertaining to this exercise with or without the by-the-numbers method of instruction?

## FORE-UP, BACK BEND

### STEP I

**Platoon, ATTENTION. AT EASE.**

1. The Fore-Up, Back Bend is a four count exercise done at a moderate cadence.
  2. At normal cadence, this exercise look as follows.
  3. The Fore-Up, Back Bend.
  4. **Start position, MOVE.**
  5. In Cadence, EXERCISE.
  6. 1-2-3-1, 1-2-3-2, 1-2-3-HALT.
  7. **Position of attention, MOVE.**
- 

### STEP II

**Platoon, ATTENTION.**

8. The For-Up, Back Bend.
  9. I will explain the start position to you.
  10. On the command of execution **MOVE** of **Start position, MOVE**, execute as previously taught.
  11. **Start position, MOVE.**
  12. By-the-numbers
  13. On count one, swing the arms forward and upward to an overhead position. **Ready, ONE.**
  14. On count two, bend backward taking care not to bend too far. Keep the face up and the knees straight. **Ready, TWO.**
  15. On count three, repeat action of count one. **Ready, THREE.**
  16. On count four, return to the start position. **Ready, FOUR.**
  17. Without the numbers. **Position of attention, MOVE. AT EASE.**
- 

### STEP III

**Platoon, ATTENTION.**

18. At Normal Cadence.
19. The Fore-Up, Back Bend.

20. **Start position, MOVE.**

21. In Cadence, EXERCISE.

22. What are your questions pertaining to this exercise with or without the by-the-numbers method of instruction?

NOTES: